



Pumpkin Mustard Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



378 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 lb butternut squash peeled halved lengthwise seeded cut into 1/2-inch cubes
- ☐ 0.5 cup wine dry white
- ☐ 0.5 cup golden raisins
- ☐ 2 tablespoons mustard dry
- ☐ 1 cup sugar
- ☐ 1 cup water

Equipment

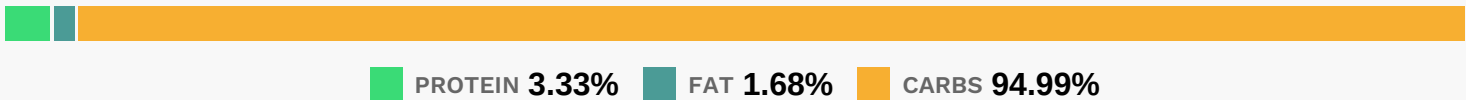
- ☐ bowl

- ☐ whisk
- ☐ pot
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Toss pumpkin with sugar and a pinch of salt in a large bowl.
- ☐ Let stand at room temperature, stirring occasionally, 1 hour. Chill, covered, 8 hours. (Sugar will liquefy.)
- ☐ Simmer pumpkin mixture, water, and wine in a wide 6-quart heavy pot until pumpkin is just tender, about 10 minutes.
- ☐ Transfer pumpkin with a slotted spoon to a bowl and stir in raisins, then boil cooking liquid until reduced to about 1 cup, about 10 minutes.
- ☐ Transfer syrup to a measuring cup, then slowly whisk into mustard in a small bowl until smooth. Stir into pumpkin mixture. Cool, then chill, covered, at least 8 hours for flavors to meld.
- ☐ Serve at room temperature.
- ☐ Relish can be chilled up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:43.44, Glycemic Load:42.8, Inflammation Score:-10, Nutrition Score:18.547826093176%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 378.47kcal (18.92%), Fat: 0.72g (1.11%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 91.9g (30.63%), Net Carbohydrates: 86.32g (31.39%), Sugar: 66.01g (73.35%), Cholesterol: 0mg (0%), Sodium: 98.7mg (4.29%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 3.22g (6.44%), Vitamin A: 24113.76IU (482.28%), Vitamin C: 48.24mg (58.47%), Manganese: 0.58mg (29.12%), Potassium: 967.09mg (27.63%), Magnesium: 90.65mg (22.66%), Fiber: 5.58g (22.33%), Vitamin E: 3.31mg (22.09%), Vitamin B6: 0.43mg (21.4%), Vitamin B1: 0.24mg (16.26%), Folate: 62.6µg (15.65%), Vitamin B3: 3mg (15.02%), Calcium: 128.17mg (12.82%), Copper: 0.25mg (12.44%), Iron: 2.14mg (11.87%), Phosphorus: 109.19mg (10.92%), Vitamin B5: 0.97mg (9.69%), Selenium: 4.14µg (5.92%), Vitamin B2: 0.1mg (5.82%), Zinc: 0.49mg (3.29%), Vitamin K: 3.36µg (3.2%)