



Quick Winter Tomato Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 28 oz canned tomatoes canned
- ☐ 1 cup cider vinegar
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 pounds onions peeled thinly sliced
- ☐ 1 teaspoon pepper
- ☐ 5 servings salt

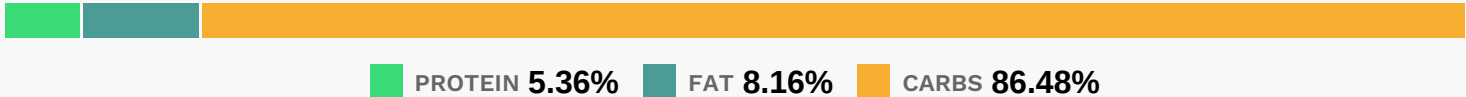
Equipment

☐ frying pan

Directions

- ☐ In a 3- to 4-quart pan over medium-high heat, stir onions in butter until limp, about 6 minutes.
- ☐ Add tomatoes and their liquid, brown sugar, vinegar, pepper, allspice, cinnamon, and cloves; boil over high heat, stirring often, until mixture is reduced to 5 cups, 25 to 30 minutes.
- ☐ Add salt to taste.
- ☐ Serve sauce hot, warm, or cool. Chill airtight up to 1 week.

Nutrition Facts



Properties

Glycemic Index:30.4, Glycemic Load:6.3, Inflammation Score:-7, Nutrition Score:12.488695488838%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.82mg, Isorhamnetin: 6.82mg, Isorhamnetin: 6.82mg, Isorhamnetin: 6.82mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 27.62mg, Quercetin: 27.62mg, Quercetin: 27.62mg, Quercetin: 27.62mg

Nutrients (% of daily need)

Calories: 304.13kcal (15.21%), Fat: 2.87g (4.41%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 68.32g (22.77%), Net Carbohydrates: 62.84g (22.85%), Sugar: 55.63g (61.81%), Cholesterol: 0mg (0%), Sodium: 450.14mg (19.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Manganese: 0.67mg (33.53%), Vitamin C: 24.76mg (30.01%), Fiber: 5.47g (21.9%), Potassium: 765.87mg (21.88%), Vitamin B6: 0.42mg (21.07%), Copper: 0.37mg (18.73%), Iron: 2.81mg (15.62%), Vitamin E: 2.1mg (14.02%), Magnesium: 52.75mg (13.19%), Calcium: 129.2mg (12.92%), Vitamin B1: 0.18mg (12.17%), Folate: 47.1µg (11.78%), Vitamin B3: 2.16mg (10.79%), Phosphorus: 97.35mg (9.74%), Vitamin K: 9.61µg (9.16%), Vitamin A: 447.47IU (8.95%), Vitamin B2: 0.12mg (7.13%), Vitamin B5: 0.67mg (6.75%), Zinc: 0.7mg (4.66%), Selenium: 2.23µg (3.19%)