



Spiced Cranberry Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 0.3 teaspoon asafetida
- ☐ 0.5 teaspoon brown mustard seeds black
- ☐ 3 tablespoons canola oil
- ☐ 1.5 cups cilantro leaves
- ☐ 12 ounces cranberries fresh
- ☐ 6 curry leaves fresh
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 teaspoon sugar

- ☐ 5 to 7 thai chiles stemmed chopped
- ☐ 0.3 teaspoon turmeric

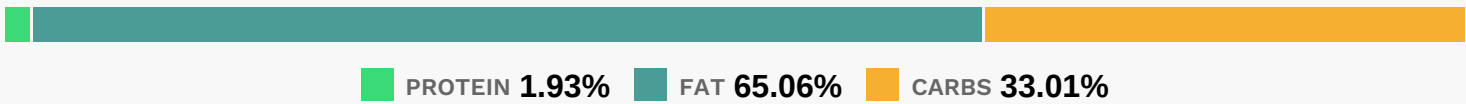
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a small frying pan over high heat.
- ☐ Add mustard seeds and let most of them pop, about 2 minutes.
- ☐ Add turmeric and asafetida, swirling pan to coat. Carefully add curry leaves, watching for splattering.
- ☐ Remove from heat and set aside.
- ☐ Blend remaining ingredients in a food processor until smooth, adding up to 1/4 cup of water if it looks too thick.
- ☐ Transfer to a serving bowl and stir in spiced oil mixture.
- ☐ *Find in Indian grocery stores. You can use 4 or 5 dried curry leaves instead of fresh (don't use powder). If you can't find asafetida and curry leaves, relish won't have the same Indian flavor, but will still taste fresh and delicious.
- ☐ Make ahead: Up to 2 days. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:1.97, Inflammation Score:-7, Nutrition Score:6.833043422388%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg,

Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg

Nutrients (% of daily need)

Calories: 70.66kcal (3.53%), Fat: 5.36g (8.24%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 4.32g (1.57%), Sugar: 2.49g (2.77%), Cholesterol: 0mg (0%), Sodium: 438.7mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin B3: 8.76mg (43.82%), Vitamin C: 23.48mg (28.46%), Folate: 91.32µg (22.83%), Vitamin K: 15.64µg (14.89%), Vitamin E: 1.58mg (10.56%), Manganese: 0.19mg (9.48%), Fiber: 1.8g (7.2%), Vitamin A: 291.61IU (5.83%), Vitamin B6: 0.05mg (2.45%), Copper: 0.04mg (1.84%), Potassium: 63.23mg (1.81%), Vitamin B5: 0.15mg (1.5%), Iron: 0.23mg (1.27%), Magnesium: 4.56mg (1.14%), Vitamin B2: 0.02mg (1.03%)