

Squash Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



175 min.

SERVINGS



6

CALORIES



450 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons celery seeds
- ☐ 2 bell peppers diced green
- ☐ 2 teaspoons mustard seeds whole
- ☐ 2 bell peppers diced red
- ☐ 3 tablespoons salt
- ☐ 2 cups vinegar
- ☐ 3 cups sugar white
- ☐ 8 cups baby squash diced yellow

- ☐ 6 jars canning jars with lids and rings 1 pint
- ☐ 6 jars canning with lids and rings 1 pint

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ spatula

Directions

- ☐ Place the squash, onion, and red and green bell peppers into a large bowl, and sprinkle with salt. Toss to combine, and allow the vegetables to drain for 1 hour. Discard juice.
- ☐ Place the sugar, vinegar, celery seeds, and mustard seeds into a large pot, and bring to a boil over medium heat, stirring to dissolve sugar. Stir in the squash mixture, and return to a boil. Cook the mixture until the vegetables are tender, about 15 minutes.
- ☐ Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the squash relish into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- ☐ Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil over high heat, then carefully lower the jars into the pot using a holder. Leave a 2-inch space between the jars.
- ☐ Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 10 minutes, or the time recommended for your area.
- ☐ Remove the jars from the pot, and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in the refrigerator.

Nutrition Facts



 PROTEIN 2.55%  FAT 2.55%  CARBS 94.9%

Properties

Glycemic Index:32.35, Glycemic Load:71.53, Inflammation Score:-9, Nutrition Score:14.474347819453%

Flavonoids

Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 7.19mg, Luteolin: 7.19mg, Luteolin: 7.19mg, Luteolin: 7.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 450.35kcal (22.52%), Fat: 1.31g (2.01%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 109.47g (36.49%), Net Carbohydrates: 106.11g (38.58%), Sugar: 105.84g (117.6%), Cholesterol: 0mg (0%), Sodium: 3497.91mg (152.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin C: 108.46mg (131.47%), Vitamin A: 1690.72IU (33.81%), Vitamin B6: 0.54mg (27.13%), Manganese: 0.49mg (24.56%), Folate: 67.59µg (16.9%), Vitamin B2: 0.28mg (16.61%), Potassium: 568.99mg (16.26%), Fiber: 3.37g (13.46%), Magnesium: 41.91mg (10.48%), Phosphorus: 90.83mg (9.08%), Vitamin K: 9.45µg (9%), Vitamin B1: 0.13mg (8.44%), Iron: 1.33mg (7.39%), Copper: 0.14mg (7.01%), Vitamin B3: 1.38mg (6.9%), Vitamin E: 1.01mg (6.75%), Calcium: 52.04mg (5.2%), Selenium: 3.54µg (5.05%), Zinc: 0.72mg (4.81%), Vitamin B5: 0.41mg (4.07%)