



Summer Refrigerator Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups cabbage finely chopped
- 1 cup sugar
- 0.5 cup apple cider vinegar white
- 1.5 teaspoons salt
- 1 teaspoon mustard seeds
- 0.5 teaspoon celery seed
- 3 cups cucumber shredded
- 1 cup bell pepper red chopped

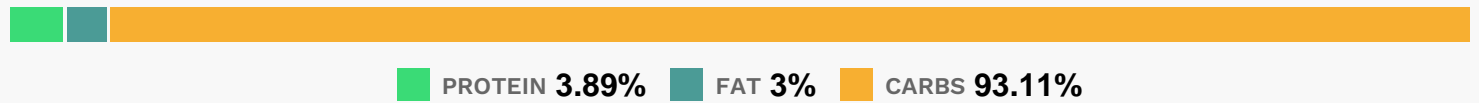
Equipment

bowl

Directions

- Mix all ingredients in large bowl. Spoon into 1-quart jar and 1-pint jar.
- Cover and refrigerate at least 24 hours but no longer than 2 weeks.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:6.2, Inflammation Score:-2, Nutrition Score:2.7065217158069%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 41.91kcal (2.1%), Fat: 0.15g (0.22%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.44g (3.43%), Sugar: 9.4g (10.44%), Cholesterol: 0mg (0%), Sodium: 149.49mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin C: 14.9mg (18.06%), Vitamin K: 14.81µg (14.1%), Vitamin A: 223.56IU (4.47%), Manganese: 0.07mg (3.32%), Folate: 12.91µg (3.23%), Fiber: 0.7g (2.82%), Vitamin B6: 0.05mg (2.46%), Potassium: 70.8mg (2.02%), Magnesium: 5.74mg (1.43%), Vitamin B1: 0.02mg (1.36%), Calcium: 11.35mg (1.14%), Phosphorus: 11.32mg (1.13%), Vitamin B2: 0.02mg (1.09%), Iron: 0.19mg (1.06%)