



Sweet and Spicy Pickle Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



2

CALORIES



569 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apple cider vinegar divided
- ☐ 0.5 teaspoon celery seed
- ☐ 3 cups cucumber grated (6 to 8 pickles)
- ☐ 1 cup granulated sugar
- ☐ 3 cups bell pepper green grated (2 large)
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon mustard seeds
- ☐ 1 cup onion minced grated (1 medium)

☐ 1 teaspoon pepper red

Equipment

☐ pot

Directions

☐ Combine prepared green pepper, cucumber, and onion in a large, non-reactive (stainless steel or enamel-coated) pot. Stir in one cup of apple cider vinegar and bring to a simmer. Simmer, stirring occasionally, until the vegetables have cooked down and the liquid is reduced by about 1/3, about 30 minutes.

☐ Drain the vegetables, discard liquid, and return vegetables to the pot.

☐ Add remaining vinegar, sugar and the spices. Bring to a simmer and cook for five minutes.

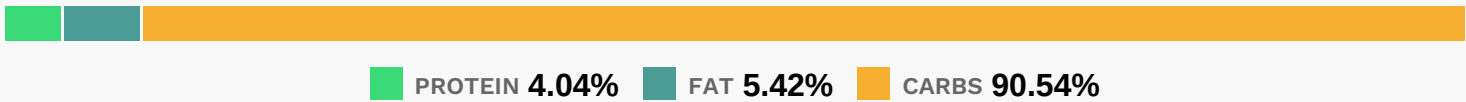
☐ Remove pot from heat.

☐ Fill jars, wipe rims, apply lids and rings. Process in a boiling water canner for 10 minutes (starting time when pot returns to a boil).

☐ Remove jars from pot and let cool on a towel-lined countertop.

☐ When jars are completely cool, remove the rings and test the seals. The relish is good to eat immediately. Store sealed jars in a cool dark place for up to a year.

Nutrition Facts



Properties

Glycemic Index:81.05, Glycemic Load:73.44, Inflammation Score:-9, Nutrition Score:22.147825904514%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 14.35mg, Luteolin: 14.35mg, Luteolin: 14.35mg, Luteolin: 14.35mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 21.18mg, Quercetin: 21.18mg, Quercetin: 21.18mg, Quercetin: 21.18mg

Nutrients (% of daily need)

Calories: 568.55kcal (28.43%), Fat: 3.36g (5.17%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 126.22g (42.07%), Net Carbohydrates: 118.59g (43.12%), Sugar: 112.71g (125.24%), Cholesterol: 0mg (0%), Sodium: 3532.98mg (153.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Vitamin C: 192.48mg (233.31%), Manganese: 1.32mg (65.95%), Vitamin B6: 0.75mg (37.28%), Vitamin K: 32.58µg (31.03%), Fiber: 7.63g (30.54%), Potassium: 1023.53mg (29.24%), Vitamin A: 1270.66IU (25.41%), Magnesium: 90.37mg (22.59%), Copper: 0.4mg (20.07%), Selenium: 13.16µg (18.8%), Folate: 74.72µg (18.68%), Vitamin B1: 0.27mg (18.3%), Phosphorus: 180.19mg (18.02%), Iron: 2.83mg (15.71%), Calcium: 115.33mg (11.53%), Vitamin B2: 0.18mg (10.49%), Vitamin E: 1.57mg (10.46%), Zinc: 1.29mg (8.62%), Vitamin B5: 0.85mg (8.52%), Vitamin B3: 1.63mg (8.16%)