



Sweet Corn Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons celery seeds
- ☐ 1 cup cider vinegar
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 teaspoon cumin seeds
- ☐ 6 cups corn kernels fresh (8 ears)
- ☐ 3 cups cabbage green chopped
- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 teaspoons mustard seeds

- ☐ 1 cup bell pepper red chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shallots chopped (2 large)
- ☐ 0.5 cup sugar

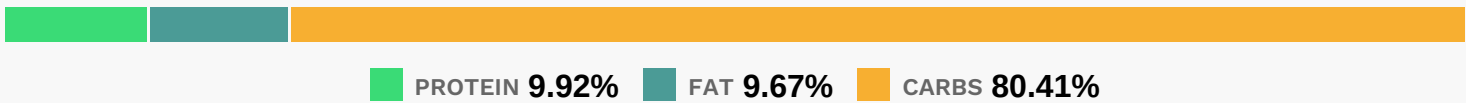
Equipment

- ☐ dutch oven

Directions

- ☐ Combine all ingredients in a Dutch oven; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes or until vegetables are tender and most of liquid evaporates, stirring frequently. Cool; pour into airtight containers.
- ☐ Note: Refrigerate relish in airtight containers for up to six weeks.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:3.35, Inflammation Score:-5, Nutrition Score:3.8586956210758%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 59.07kcal (2.95%), Fat: 0.69g (1.06%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 11.64g (4.23%), Sugar: 7.42g (8.24%), Cholesterol: 0mg (0%), Sodium: 105.91mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin C: 14.07mg (17.06%), Manganese: 0.14mg (7.23%), Vitamin K: 7.14µg (6.8%), Folate: 23.97µg (5.99%), Vitamin A: 275.25IU (5.51%), Fiber: 1.3g (5.21%), Vitamin B1: 0.07mg (4.74%), Magnesium: 18.8mg (4.7%), Potassium: 156.61mg (4.47%), Phosphorus: 43.45mg (4.34%), Vitamin B6: 0.08mg (4.17%), Vitamin B3: 0.76mg (3.78%), Vitamin B5: 0.31mg (3.15%), Iron: 0.51mg (2.84%), Vitamin B2: 0.03mg (1.89%), Zinc: 0.26mg (1.7%), Copper: 0.03mg (1.64%), Selenium: 0.89µg (1.28%), Calcium: 11.78mg (1.18%), Vitamin E: 0.16mg (1.07%)