



Sweet Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup celery finely chopped
- ☐ 0.3 cup apple cider vinegar
- ☐ 5 cups onion sweet chopped
- ☐ 0.1 teaspoon pepper
- ☐ 2 oz pimientos drained and rinsed chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.1 teaspoon turmeric

☐ 1 tablespoon vegetable oil

Equipment

☐ bowl

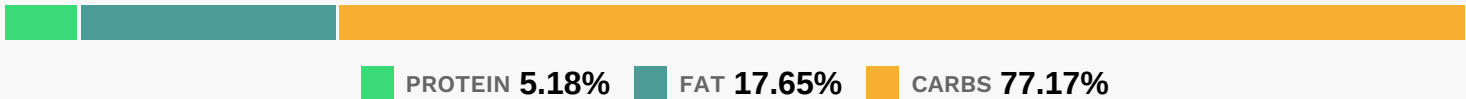
☐ sauce pan

Directions

☐ In a heavy saucepan, warm oil over medium heat. Saut onions and celery until very tender, about 20 minutes. Stir in sugar, cider vinegar, salt, pepper, turmeric, pimentos and 2 Tbsp. water. Reduce heat to low and simmer, uncovered, stirring occasionally, until liquid has almost evaporated, about 25 minutes.

☐ Transfer to a bowl and cool completely.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:6.45, Inflammation Score:-6, Nutrition Score:2.9939130052276%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg

Nutrients (% of daily need)

Calories: 73.57kcal (3.68%), Fat: 1.49g (2.29%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 13.12g (4.77%), Sugar: 10.31g (11.46%), Cholesterol: 0mg (0%), Sodium: 36.41mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Vitamin C: 11.93mg (14.46%), Manganese: 0.14mg (6.86%), Fiber: 1.56g (6.22%), Vitamin B6: 0.11mg (5.7%), Vitamin K: 4.43µg (4.22%), Folate: 16.82µg (4.21%), Potassium: 143.41mg (4.1%), Vitamin A: 167.39IU (3.35%), Phosphorus: 25.94mg (2.59%), Vitamin B1: 0.04mg (2.58%), Magnesium: 9.26mg (2.31%), Calcium: 20.94mg (2.09%), Copper: 0.04mg (1.87%), Iron: 0.32mg (1.8%), Vitamin B2: 0.03mg (1.71%), Vitamin E: 0.19mg (1.23%), Vitamin B5: 0.11mg (1.08%), Zinc: 0.16mg (1.06%)