



Sweet Zucchini Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



720 min.

SERVINGS



70

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.5 teaspoons celery seed



1 tablespoon cornstarch



1 bell pepper green chopped



0.8 teaspoon ground nutmeg



0.5 teaspoon ground pepper black



0.8 teaspoon ground turmeric



4 cups onion chopped



1 bell pepper red chopped

- ☐ 5 tablespoons canning salt
- ☐ 6 cups sugar white
- ☐ 2.5 cups vinegar white
- ☐ 12 cups zucchini shredded unpeeled

Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Place the zucchini and onion in a large, non-metallic bowl, and sprinkle the salt overtop. Use your hands to evenly mix the salt throughout the zucchini. Cover, and refrigerate overnight.
- ☐ The following day, drain the zucchini in a colander, and rinse well with cool water. Squeeze out excess water and set aside.
- ☐ Place the red and green bell pepper, sugar, vinegar, and cornstarch into a large pot.
- ☐ Add the nutmeg, turmeric, celery seed and pepper. Stir to combine, then add the drained zucchini. Bring to a boil over medium-high heat, then reduce the heat to medium-low, and simmer 30 minutes.
- ☐ Meanwhile, sterilize 7 one-pint jars and lids to hold relish. Pack relish into sterilized jars, making sure there are no spaces or air pockets. Fill jars all the way to top. Screw on lids.
- ☐ Place a rack in the bottom of a large stockpot and fill halfway with boiling water. Carefully lower jars into pot using a holder. Leave a 2 inch space between jars.
- ☐ Pour in more boiling water if necessary, until tops of jars are covered by 2 inches of water. Bring water to a full boil, then cover and process for 30 minutes.
- ☐ Remove jars from pot and place on cloth-covered or wood surface, several inches apart, until cool. Once cool, press top of each lid with finger, ensuring that seal is tight (lid does not move up or down at all).

Nutrition Facts



 **PROTEIN 2.04%**  **FAT 1.84%**  **CARBS 96.12%**

Properties

Glycemic Index:4.44, Glycemic Load:12.26, Inflammation Score:-3, Nutrition Score:1.5521739060464%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 76.52kcal (3.83%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 18.48g (6.72%), Sugar: 18.15g (20.17%), Cholesterol: 0mg (0%), Sodium: 500.95mg (21.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 8.04mg (9.74%), Manganese: 0.07mg (3.39%), Vitamin B6: 0.06mg (2.76%), Potassium: 77.43mg (2.21%), Vitamin A: 102.34IU (2.05%), Folate: 7.82µg (1.96%), Fiber: 0.45g (1.81%), Vitamin B2: 0.03mg (1.64%), Magnesium: 5.52mg (1.38%), Phosphorus: 12.25mg (1.23%), Vitamin K: 1.19µg (1.13%), Vitamin B1: 0.02mg (1.06%)