



## Tangy Corn Relish

 Gluten Free  Dairy Free

READY IN



58 min.

SERVINGS



6

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 ears corn
- 0.3 cup parsley fresh chopped
- 1 teaspoon ground cumin
- 1 tablespoon hot sauce
- 0.8 cup catsup
- 2 pounds kielbasa smoked cut into bite-size pieces
- 6 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin

- 0.5 cup piquante peppers sweet chopped
- 1 jalapeno red minced seeded
- 0.5 small onion red chopped
- 0.8 cup spicy brown mustard
- 0.5 teaspoon sugar
- 0.3 cup pickled cucumbers / gherkins sweet finely chopped
- 1 tablespoon vegetable oil

## Equipment

- bowl
- grill
- skewers
- wooden skewers

## Directions

- Special equipment: 8 to 10 wooden skewers (for Grilled Sausage)
- Preheat a grill to medium-high.
- Brush the corn with 1 tablespoon olive oil and sprinkle with the cumin, and salt and pepper to taste. Grill until golden and toasted on all sides, 5 to 8 minutes, turning as needed.
- Combine the remaining 2 tablespoons oil, the sweet piquante peppers, onion, gherkins, parsley, jalapeno and sugar in a large bowl and season with salt and pepper. Slice the corn kernels off the cobs and toss with the relish. Cover and refrigerate for at least 30 minutes.
- Serve with Grilled Sausage.
- Photograph by Rick Lew
- Soak 8 to 10 wooden skewers in water for about 20 minutes.
- Preheat a grill to medium and brush with the oil. Thread the sausage onto the skewers, leaving space between each piece. Grill until slightly crisp, 3 to 4 minutes per side.
- Mix the ketchup, mustard and hot sauce in a bowl.
- Serve with the sausage for dipping.

## Nutrition Facts

PROTEIN 13.45% FAT 72.57% CARBS 13.98%

## Properties

Glycemic Index:36.85, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:19.8426086177%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

## Nutrients (% of daily need)

Calories: 628.66kcal (31.43%), Fat: 51.08g (78.59%), Saturated Fat: 15.44g (96.49%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 19.52g (7.1%), Sugar: 11.08g (12.31%), Cholesterol: 107.35mg (35.78%), Sodium: 2184.37mg (94.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Vitamin K: 55.19µg (52.57%), Selenium: 30.86µg (44.08%), Vitamin B12: 2.28µg (38.05%), Vitamin B1: 0.52mg (34.76%), Vitamin B3: 6.17mg (30.87%), Vitamin C: 22.42mg (27.18%), Zinc: 3.67mg (24.46%), Phosphorus: 240.54mg (24.05%), Vitamin B2: 0.36mg (21.13%), Vitamin B6: 0.41mg (20.65%), Potassium: 569.8mg (16.28%), Manganese: 0.32mg (15.82%), Iron: 2.8mg (15.54%), Magnesium: 53.81mg (13.45%), Vitamin E: 1.88mg (12.54%), Vitamin A: 567.49IU (11.35%), Vitamin D: 1.66µg (11.09%), Fiber: 2.62g (10.47%), Vitamin B5: 1.03mg (10.32%), Copper: 0.18mg (8.97%), Folate: 31.07µg (7.77%), Calcium: 49.78mg (4.98%)