



Tomato Chow-Chow



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 12 peppercorns black
- ☐ 0.5 cup celery chopped
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 cup bell pepper green chopped
- ☐ 2 cups cabbage green chopped
- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 serrano chiles minced

- ☐ 1 cup sugar
- ☐ 1.5 pounds tomatoes seeded chopped
- ☐ 1.5 cups vinegar white
- ☐ 6 allspice whole

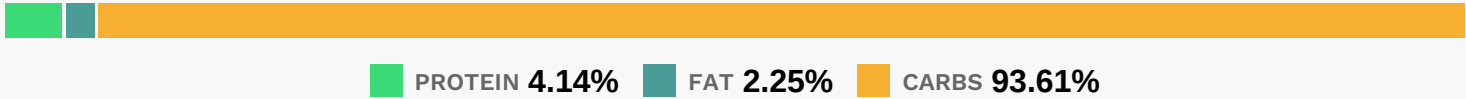
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a large saucepan; bring to a boil. Cook 1 minute.
- ☐ Add tomato and remaining ingredients; bring to a boil. Cook 20 minutes, stirring occasionally. Cool to room temperature; discard cinnamon.
- ☐ Place tomato mixture in a medium bowl; cover and chill.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:10.92, Inflammation Score:-5, Nutrition Score:4.2013043618721%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 79.45kcal (3.97%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 17.25g (6.27%), Sugar: 16.68g (18.53%), Cholesterol: 0mg (0%), Sodium: 133.28mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin C: 20.05mg (24.3%), Vitamin K: 13.6µg (12.95%), Vitamin A: 475.89IU (9.52%), Manganese: 0.18mg (8.77%), Fiber: 1.45g (5.78%), Potassium: 181.7mg (5.19%), Vitamin B6: 0.09mg (4.72%), Folate: 16.27µg (4.07%), Magnesium: 9.88mg (2.47%), Vitamin B1: 0.04mg (2.44%), Copper:

0.05mg (2.44%), Vitamin E: 0.34mg (2.26%), Phosphorus: 22.18mg (2.22%), Vitamin B3: 0.4mg (2%), Calcium:
19.07mg (1.91%), Iron: 0.3mg (1.65%), Vitamin B2: 0.02mg (1.45%), Vitamin B5: 0.1mg (1.01%)