



Uncle D's Sweet Piccalilli (Green Tomato Relish)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



48

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 cups apple cider vinegar



1 tablespoon basil dried



2 cups granny smith apples finely chopped



6 cups tomatoes green seeded finely chopped



1 tablespoon mustard seed



2 cups bell peppers red finely chopped



2 cups onion red finely chopped

- ☐ 2 tablespoons salt
- ☐ 3 cups sugar white
- ☐ 32 ounce canning jars with lids and rings
- ☐ 32 ounce canning jars with lids and rings

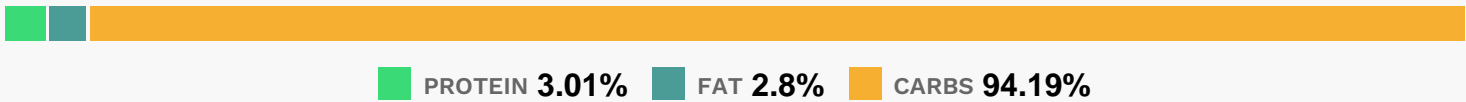
Equipment

- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ spatula

Directions

- ☐ Combine vinegar, sugar, salt, mustard seed, and basil in a large pot; bring to a boil. Reduce heat and simmer until sugar is dissolved, about 5 minutes. Stir green tomatoes, red bell peppers, red onion, and Granny Smith apples into vinegar mixture; boil vigorously, stirring occasionally, until vegetables have softened and relish flavors have blended, 15 to 20 minutes.
- ☐ Sterilize the jars and lids in boiling water for at least 5 minutes. Pack relish into hot, sterilized jars, filling to within 1/4 inch of the top. Run a knife or thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings.
- ☐ Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- ☐ Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for about 10 minutes.
- ☐ Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:9.19, Inflammation Score:-3, Nutrition Score:2.4721739071867%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 64.78kcal (3.24%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 14.88g (5.41%), Sugar: 14.54g (16.15%), Cholesterol: 0mg (0%), Sodium: 295.14mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin C: 13.96mg (16.92%), Vitamin A: 342.47IU (6.85%), Manganese: 0.09mg (4.6%), Vitamin K: 4.16µg (3.96%), Fiber: 0.68g (2.7%), Potassium: 89.4mg (2.55%), Vitamin B6: 0.05mg (2.42%), Folate: 6.93µg (1.73%), Iron: 0.3mg (1.65%), Copper: 0.03mg (1.54%), Magnesium: 6.12mg (1.53%), Vitamin B1: 0.02mg (1.51%), Vitamin B5: 0.15mg (1.46%), Vitamin E: 0.21mg (1.43%), Phosphorus: 13.74mg (1.37%), Vitamin B2: 0.02mg (1.26%)