



Yellow Relish

 Vegetarian  Vegan  Dairy Free

READY IN



635 min.

SERVINGS



100

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 large apples cored finely chopped
- 1 head cauliflower finely chopped
- 8 cucumbers finely chopped
- 1 cup flour all-purpose
- 1 teaspoon ground turmeric
- 0.3 cup ground mustard dry
- 5 onions finely chopped
- 2 bell peppers red finely chopped

- 0.3 cup pickling salt
- 4 cups vinegar
- 1 gallon water or as needed to cover
- 3 cups water
- 6 cups sugar white

Equipment

- bowl
- paper towels
- knife
- pot
- spatula

Directions

- Bring 1 gallon water to a boil in a large pot and dissolve pickling salt in the boiling water.
- Place cucumbers, onions, cauliflower, red bell peppers, and apples into a large bowl or crock and pour the boiling water over the vegetables. Allow to stand overnight and drain the next morning.
- Transfer vegetables to a large stock pot and mix in sugar, vinegar, 3 cups water, flour, dry mustard powder, and turmeric until thoroughly combined. Bring the relish to a boil and reduce heat to medium-low; simmer until vegetables are cooked through and soft, about 20 minutes.
- Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the relish into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a 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 relish for 15 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

PROTEIN 3.39% **FAT 3.32%** **CARBS 93.29%**

Properties

Glycemic Index:3.38, Glycemic Load:9.65, Inflammation Score:-3, Nutrition Score:1.8682608811752%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 66.02kcal (3.3%), Fat: 0.25g (0.38%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 14.99g (5.45%), Sugar: 13.71g (15.23%), Cholesterol: 0mg (0%), Sodium: 288.19mg (12.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 7.43mg (9.01%), Manganese: 0.06mg (3.19%), Folate: 11.85µg (2.96%), Fiber: 0.72g (2.87%), Vitamin K: 2.98µg (2.84%), Potassium: 77.08mg (2.2%), Vitamin B6: 0.04mg (2.11%), Vitamin A: 96.82IU (1.94%), Vitamin B1: 0.03mg (1.87%), Copper: 0.04mg (1.85%), Selenium: 1.29µg (1.84%), Magnesium: 7.05mg (1.76%), Phosphorus: 15.16mg (1.52%), Vitamin B2: 0.02mg (1.45%), Vitamin B5: 0.12mg (1.24%), Iron: 0.22mg (1.2%)