



Zucchini Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



61 kcal

SIDE DISH

Ingredients

- 2 teaspoons cumin seeds
- 1 teaspoon ground mustard dry
- 1 teaspoon kosher salt
- 1 medium onion roughly chopped
- 0.3 teaspoon pepper
- 1 medium bell pepper red roughly chopped
- 0.3 cup sugar
- 1.5 teaspoons turmeric

- 1 tablespoon vegetable oil
- 0.7 cup vinegar white
- 2 pounds zucchini shredded

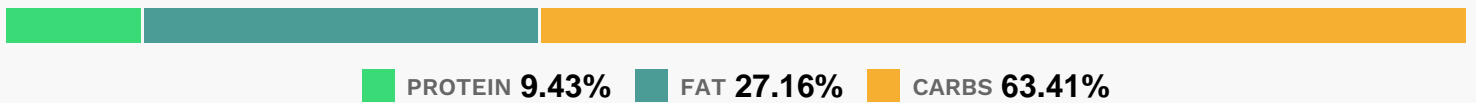
Equipment

- food processor
- bowl
- pot

Directions

- Put onion in food processor and pulse until finely chopped.
- Transfer to a bowl. Wipe food processor clean, add bell pepper, and pulse until coarsely chopped.
- Heat oil over medium heat in a wide 8-qt. pot.
- Add spices and cook, stirring frequently, until toasted and aromatic, about 3 minutes.
- Add onion and bell pepper, stirring to combine. Stir in sugar, vinegar, zucchini, salt, and 1/2 cup water and cook, covered, stirring often, until zucchini has softened and flavors have melded, about 20 minutes.
- Fill 7 half-pt. jars and put lids on to seal. Relish keeps, chilled airtight, at least 2 weeks.

Nutrition Facts



Properties

Glycemic Index:23.61, Glycemic Load:4.18, Inflammation Score:-9, Nutrition Score:6.2504346733508%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 60.95kcal (3.05%), Fat: 1.91g (2.93%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 8.53g (3.1%), Sugar: 8.26g (9.18%), Cholesterol: 0mg (0%), Sodium: 241.93mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin C: 32.41mg (39.28%), Manganese: 0.25mg (12.32%), Vitamin A: 559.66IU (11.19%), Vitamin B6: 0.2mg (10.19%), Potassium: 295.3mg (8.44%), Folate: 29.83µg (7.46%), Vitamin K: 7.18µg (6.84%), Vitamin B2: 0.1mg (6%), Fiber: 1.49g (5.95%), Magnesium: 21.9mg (5.48%), Iron: 0.83mg (4.63%), Phosphorus: 45.97mg (4.6%), Vitamin B1: 0.06mg (3.8%), Copper: 0.06mg (3.16%), Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.58mg (2.91%), Zinc: 0.39mg (2.58%), Calcium: 24.12mg (2.41%), Vitamin B5: 0.24mg (2.39%), Selenium: 0.82µg (1.17%)