

Rhubarb and Onion Relish

Mary Kerr

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 8 1/2 pint jars

- 4 cups sliced rhubarb
- 4 cups white onions, chopped
- 2 cups cider vinegar
- 1 tablespoon salt
- 4 cups brown sugar, firmly packed
- 1 teaspoon ground cloves
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- cayenne pepper (to taste)

Slice the rhubarb and chop the onions.

In a saucepan, combine the onions and rhubarb with the vinegar, salt, sugar, cloves, allspice, cinnamon and cayenne.

Cook slowly until thick, about 30 minutes.

Pour into hot sterilized jars.

Seal with sterilized lids and rings.

Per Serving (excluding unknown items): 2509 Calories; 2g Fat (0.6% calories from fat); 8g Protein; 652g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 6653mg Sodium. Exchanges: 1/2 Grain(Starch); 9 1/2 Vegetable; 0 Fat; 39 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	2509	Vitamin B6 (mg):	.9mg
% Calories from Fat:	0.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	1.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	130mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	652g	Food Exchanges	
Dietary Fiber (g):	14g	Grain (Starch):	1/2
Protein (g):	8g	Lean Meat:	0

Sodium (mg): 6653mg
Potassium (mg): 3544mg
Calcium (mg): 747mg
Iron (mg): 17mg
Zinc (mg): 2mg
Vitamin C (mg): 44mg
Vitamin A (i.u.): 28IU
Vitamin A (r.e.): 3RE

Vegetable: 9 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 39

Nutrition Facts

Amount Per Serving

Calories	2509	Calories from Fat: 14
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	6653mg	277%
Total Carbohydrates	652g	217%
Dietary Fiber	14g	56%
Protein	8g	
Vitamin A		1%
Vitamin C		73%
Calcium		75%
Iron		92%

* Percent Daily Values are based on a 2000 calorie diet.