

# Spicy Corn Relish

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CpommunityTable.com

## Yield: 2 cups

1 can (11 ounce) corn, drained  
1 jalapeno pepper, seeded and  
chopped  
3 tablespoons pimientos, chopped  
1/3 cup sugar  
1/4 cup white vinegar  
1/4 teaspoon celery seed  
1/4 teaspoon salt  
1/2 teaspoon ground mustard

In a bowl, combine the corn, jalapeno and pimientos.

In a saucepan, combine the sugar, vinegar, celery seed, salt and mustard. Bring to a boil. Cook for 2 minutes, whisking frequently.

Remove from the heat. Pour over the corn mixture. Stir to combine.

Refrigerate at least four hours before serving.

*Stack on hamburgers with American cheese, fried onions and coleslaw.*

Per Serving (excluding unknown items): 349 Calories; 1g Fat (3.1% calories from fat); 3g Protein; 88g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 550mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 4 1/2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	349
% Calories from Fat:	3.1%
% Calories from Carbohydrates:	93.4%
% Calories from Protein:	3.5%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	88g
Dietary Fiber (g):	3g
Protein (g):	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	48mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.00%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0

**Sodium (mg):** 550mg  
**Potassium (mg):** 355mg  
**Calcium (mg):** 21mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 20mg  
**Vitamin A (i.u.):** 507IU  
**Vitamin A (r.e.):** 51RE

**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 4 1/2

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	349	Calories from Fat: 11
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### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	550mg	23%
<b>Total Carbohydrates</b>	88g	29%
Dietary Fiber	3g	12%
<b>Protein</b>	3g	
<b>Vitamin A</b>		10%
<b>Vitamin C</b>		33%
<b>Calcium</b>		2%
<b>Iron</b>		7%

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