

Tangy Corn Relish

*The Wakefield Inn - Wakefield, NH
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 9 pints

*1 tablespoon prepared mustard
1 quart cider vinegar
12 cups corn, cut from the cob
12 cups shredded cabbage
6 green bell peppers, chopped
6 red bell peppers, chopped
3 cups sugar
3 tablespoons salt*

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In a pan, mix the mustard with a little water.

Add the vinegar, corn, cabbage, red and green bell peppers, sugar and salt.

Bring to a boil, then reduce the heat. Simmer for 30 minutes.

Seal in hot sterile jars.

Per Serving (excluding unknown items): 4665 Calories; 27g Fat (4.8% calories from fat); 85g Protein; 1148g Carbohydrate; 97g Dietary Fiber; 0mg Cholesterol; 19848mg Sodium. Exchanges: 24 Grain(Starch); 0 Lean Meat; 24 Vegetable; 0 Fat; 44 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	4665
% Calories from Fat:	4.8%
% Calories from Carbohydrates:	88.7%
% Calories from Protein:	6.6%
Total Fat (g):	27g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	13g
Cholesterol (mg):	0mg
Carbohydrate (g):	1148g
Dietary Fiber (g):	97g
Protein (g):	85g
Sodium (mg):	19848mg

Vitamin B6 (mg):	5.0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	4.9mg
Riboflavin B2 (mg):	1.7mg
Folacin (mcg):	1529mcg
Niacin (mg):	41mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	24
Lean Meat:	0
Vegetable:	24

Potassium (mg): 10613mg
Calcium (mg): 762mg
Iron (mg): 27mg
Zinc (mg): 12mg
Vitamin C (mg): 2391mg
Vitamin A (i.u.): 51560IU
Vitamin A (r.e.): 5150RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 44

Nutrition Facts

Amount Per Serving

Calories 4665 **Calories from Fat:** 222

% Daily Values*

Total Fat	27g	42%
Saturated Fat	4g	20%
Cholesterol	0mg	0%
Sodium	19848mg	827%
Total Carbohydrates	1148g	383%
Dietary Fiber	97g	388%
Protein	85g	
Vitamin A		1031%
Vitamin C		3985%
Calcium		76%
Iron		152%

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