

Low-Carb & Paleo Spicy Chow Chow

Hands-on 15 minutes Overall 45 minutes

Nutritional values (per serving, 1/4 cup, 62 g/ 2.1 oz): Total carbs: 4 g, Fiber: 1.1 g,

Net carbs: 2.9 g, Protein: 0.6 g, Fat: 0.2 g, Calories: 21 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 cups, 8 servings)

- 1/2 tbsp salt
- 1/2 cup white vinegar (120 ml/ 4 fl oz)
- 1/2 cup + 2 tbsp granulated [Erythritol](#) or [Swerve](#) (120 g/ 4.2 oz)
- 1/4 cup water (60 ml/ 2 fl oz)
- 1 tsp yellow mustard seed
- 1/4 tsp [ground turmeric](#)
- 1 cup minced green cabbage (150 g/ 5.3 oz)
- 1 small green bell pepper, minced (70 g/ 2.5 oz)
- 1 small red bell pepper, minced (70 g/ 2.5 oz)
- 1 habanero pepper, minced (4 g/ 0.1 oz)
- 1 medium yellow onion, minced (100 g/ 3.5 oz)

Instructions

1. Chop all of your veggies and set aside.
2. In a large pot combine the spices, water, vinegar, and Swerve. Add the veggies to the pot.
3. Set the pot over medium heat and bring to a simmer. Simmer for 20-30 minutes until the veggies have broken down and the mixture is syrupy. Turn off the heat and let cool.
4. Transfer to jars and store in the refrigerator until ready to serve. The relish will keep up to one week.

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