



A for Peter Piper: Brine-pickled Peperoncini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



20 min.

SERVINGS



2

CALORIES



162 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 2 cloves garlic
- 4 cups peperoncini peppers fresh whole packed
- 2 tablespoons ground unrefined sea salt finely (available here)
- 1 package vegetable starter culture (available here)
- 3 cups water filtered (this is the filter I use)

Equipment

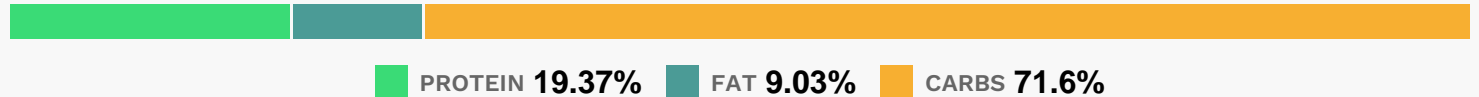
- sauce pan

whisk

Directions

- Pour the water into a medium-sized sauce pan and warm over medium-low heat until it reaches about 100 F.
- Sprinkle in the salt, and whisk it into the hot water until it dissolves.
- Pour the warm saltwater into a pitcher, and let it cool to room temperature.
- Whisk in the starter culture, if using. Pack a quart-sized fermentation jar (like this or like these) with whole peperoncini, taking care not to bruise them.
- Place the garlic cloves and bay leaf among the peperoncini, and pour in the cooled saltwater brine. Seal the crock, and allow the peppers to ferment for 10 days. Their color will fade and yellow. After about 10 days, open the crock and try a pepper. If you prefer a sourer flavor, continue fermenting the peppers until they acquire the flavor you like, testing every 5 to 7 days, at your leisure.
- Transfer to the refrigerator or cold storage. Brine-pickled peperoncini will last about 1 year, properly fermented.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:6.32, Inflammation Score:-10, Nutrition Score:26.103043545847%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 162.47kcal (8.12%), Fat: 1.87g (2.88%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 19.22g (6.99%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 7093.69mg (308.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.08%), Vitamin C: 220.82mg (267.66%), Vitamin A: 8057.32IU (161.15%), Fiber: 14.19g (56.75%), Vitamin B6: 1.06mg (52.99%), Manganese: 0.67mg (33.34%), Folate: 113.28µg (28.32%), Potassium: 949.65mg (27.13%), Vitamin B1: 0.38mg (25.34%), Vitamin B3: 4.88mg (24.38%), Vitamin K: 23.61µg (22.49%), Copper: 0.44mg (21.83%), Magnesium: 80.78mg (20.19%), Phosphorus: 167.79mg

(16.78%), Vitamin B2: 0.26mg (15.18%), Iron: 2.62mg (14.56%), Vitamin E: 1.71mg (11.42%), Calcium: 91.03mg (9.1%),
Vitamin B5: 0.91mg (9.07%), Zinc: 1.35mg (8.99%), Selenium: 1.76µg (2.51%)