



Afterburner Petite Dill Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



40

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces pickled jalapeno chilies sliced
- ☐ 46 ounces petite dill pickles
- ☐ 1 cup sugar

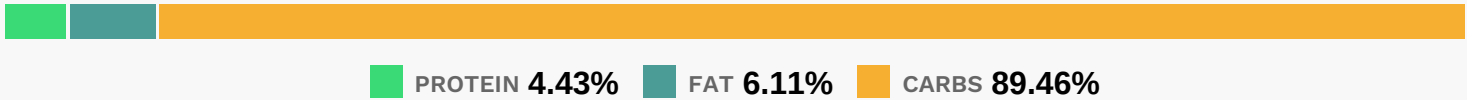
Equipment

- ☐ colander

Directions

In a large colander drain and mix the pickles and jalapenos. Discard juice.2 In a large jar layer 1/4 of the pickle and jalapenos with 1/4 of the sugar.3 Packing down as you add the rest of the layers.4 Refrigerate for at least 3 days. Giving it a shake whenever you go in the refrigerator.5 It will release juice. Now watch it disappear.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:3.77, Inflammation Score:-2, Nutrition Score:1.9473913107877%

Nutrients (% of daily need)

Calories: 26.56kcal (1.33%), Fat: 0.19g (0.3%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.92g (2.15%), Sugar: 5.86g (6.51%), Cholesterol: 0mg (0%), Sodium: 264.24mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Vitamin C: 12.91mg (15.64%), Vitamin K: 6.67µg (6.35%), Vitamin A: 140.63IU (2.81%), Vitamin B6: 0.05mg (2.71%), Calcium: 18.85mg (1.88%), Potassium: 64mg (1.83%), Fiber: 0.45g (1.81%), Vitamin B2: 0.03mg (1.58%), Manganese: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.43%), Folate: 4.56µg (1.14%), Magnesium: 4.24mg (1.06%)