



Angled Loofah Bread-and-Butter Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

Ingredients

- 0.5 teaspoon celery seed
- 1 cup apple cider vinegar
- 2 cups ice cubes
- 2 tablespoons kosher salt
- 1 teaspoon mustard seeds
- 0.8 cup sugar
- 0.5 lb onion sweet separated thinly sliced
- 0.3 teaspoon turmeric
- 0.5 cup water

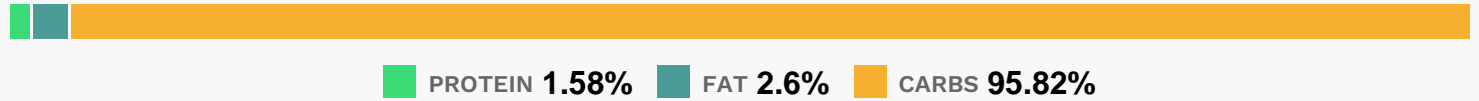
Equipment

- bowl
- sauce pan

Directions

- Scrub loofah and peel only the ridges, then cut diagonally into 1/2-inch-thick slices. Toss loofah with kosher salt in a bowl, then cover with ice and let stand 2 hours.
- Drain and remove any unmelted ice.
- Bring vinegar, water, sugar, mustard seeds, celery seeds, and turmeric to a boil in a 1-quart nonreactive saucepan, stirring until sugar is dissolved.
- Add loofah and onion, then reduce heat and simmer, uncovered, 5 minutes.
- Transfer pickles with liquid to a 1-quart heatproof glass or ceramic bowl and cool to room temperature. Chill, covered, at least 2 days (for flavors to develop) and up to 1 month.
- We don't recommend processing these pickles.
- Additional heating gives the loofah a mushy texture.

Nutrition Facts



Properties

Glycemic Index:19.18, Glycemic Load:17.6, Inflammation Score:-6, Nutrition Score:1.6004348070887%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 120.2kcal (6.01%), Fat: 0.34g (0.53%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 27.95g (10.16%), Sugar: 27.04g (30.05%), Cholesterol: 0mg (0%), Sodium: 2336.04mg (101.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Manganese: 0.17mg (8.31%), Vitamin B6: 0.05mg

(2.71%), Copper: 0.05mg (2.48%), Folate: 9.55µg (2.39%), Potassium: 83.17mg (2.38%), Magnesium: 9.18mg (2.3%), Vitamin C: 1.9mg (2.3%), Selenium: 1.45µg (2.07%), Iron: 0.37mg (2.03%), Calcium: 19.42mg (1.94%), Phosphorus: 18.67mg (1.87%), Fiber: 0.44g (1.75%), Vitamin B1: 0.02mg (1.35%)