



Apple Refrigerator Pickles

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

142 min.

SERVINGS

servings

4

CALORIES

calories

372 kcal

SIDE DISH

Ingredients

- ☐ 6 apples cored peeled sliced
- ☐ 1 cup cider vinegar
- ☐ 1 tablespoon ground ginger
- ☐ 1 tablespoon ground nutmeg
- ☐ 0.5 cup juice of lemon
- ☐ 1 cup water
- ☐ 1 cup sugar white
- ☐ 1 tablespoon allspice whole

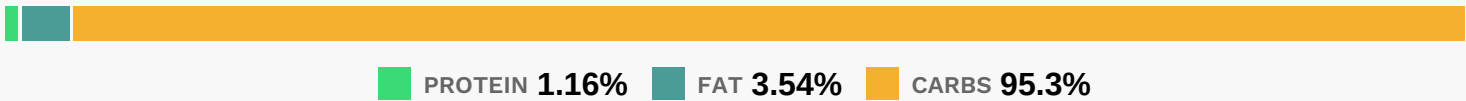
Equipment

- ☐ sauce pan
- ☐ canning jar

Directions

- ☐ Place the water, cider vinegar, sugar, allspice, clove, nutmeg, and ginger into a small saucepan, and bring to a simmer over medium-high heat, stirring until the sugar dissolves.
- ☐ Meanwhile, toss the sliced apples with the lemon juice, and pack into two sterilized 1 quart canning jars with lids and rings.
- ☐ Pour the boiling syrup over the apples, and affix the lids and rings.
- ☐ Allow the jars to stand at room temperature until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all).
- ☐ Place in the refrigerator, and wait 1 week before opening.

Nutrition Facts



Properties

Glycemic Index:56.77, Glycemic Load:45.57, Inflammation Score:-4, Nutrition Score:7.7704347061074%

Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 371.7kcal (18.58%), Fat: 1.54g (2.37%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 93.15g (31.05%), Net Carbohydrates: 85.59g (31.12%), Sugar: 79.84g (88.71%), Cholesterol: 0mg (0%), Sodium: 11.44mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Manganese: 0.77mg (38.42%), Vitamin C: 25.11mg (30.43%), Fiber: 7.56g (30.25%), Potassium: 409.04mg (11.69%), Vitamin B6: 0.14mg (7.01%), Magnesium: 27.3mg (6.82%), Copper: 0.13mg (6.5%), Vitamin K: 6.02µg (5.73%), Vitamin B2: 0.09mg (5.25%), Iron: 0.92mg (5.12%), Phosphorus: 45.06mg (4.51%), Vitamin B1: 0.06mg (4.14%), Folate: 16.41µg (4.1%), Calcium: 40.88mg (4.09%), Vitamin E: 0.54mg (3.58%), Vitamin A: 160.86IU (3.22%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.26mg (1.73%), Selenium: 1.16µg (1.66%)