



## Asparagus Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 pounds asparagus fresh
- 1 teaspoon peppercorns black
- 4 garlic cloves minced
- 0.3 cup kosher salt
- 1 teaspoon mustard seeds
- 1 tablespoon sugar
- 2 tarragon sprigs fresh
- 1.5 cups vinegar white

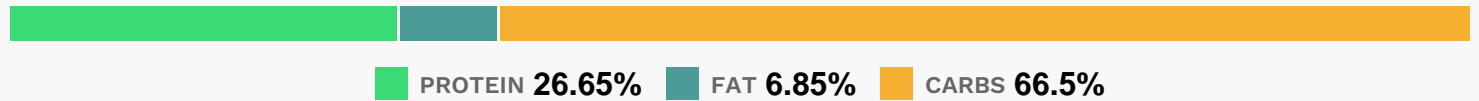
## Equipment

- sauce pan
- canning jar

## Directions

- Trim off bottom of asparagus so that asparagus fits into 2 (1-qt.) sterilized canning jars, leaving 1/2-inch headspace. Discard asparagus ends. Divide salt and next 4 ingredients between jars. Pack trimmed asparagus, pointed ends up, into jars.
- Bring vinegar, sugar, and 1 cup water to a boil in a small saucepan over medium-high heat.
- Pour vinegar mixture over asparagus, filling to 1/2 inch from top. (Fill jars with additional hot water, if needed.)
- Remove air bubbles; wipe jar rims. Cover with metal lids, and screw on bands. Shake to combine, and chill 24 hours. Store in refrigerator up to 1 month.

## Nutrition Facts



## Properties

Glycemic Index:11.36, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:3.0560869496802%

## Flavonoids

Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

## Nutrients (% of daily need)

Calories: 13.86kcal (0.69%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.4g (0.51%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 1132.95mg (49.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Vitamin K: 15.4µg (14.67%), Vitamin A: 278.74IU (5.57%), Manganese: 0.11mg (5.42%), Folate: 19.33µg (4.83%), Iron: 0.85mg (4.74%), Copper: 0.08mg (3.78%), Vitamin B1: 0.05mg (3.61%), Fiber: 0.84g (3.35%), Vitamin B2: 0.05mg (3.15%), Vitamin E: 0.42mg (2.79%), Vitamin C: 2.23mg (2.7%), Potassium: 81.42mg (2.33%), Phosphorus: 21.74mg (2.17%), Vitamin B6: 0.04mg (2.09%), Vitamin B3: 0.37mg (1.87%), Selenium: 1.25µg (1.78%), Magnesium: 6.41mg (1.6%), Zinc: 0.22mg (1.46%), Calcium: 13.21mg (1.32%), Vitamin B5: 0.11mg (1.06%)