



## Bea and Bill's Bread and Butter Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



400 min.

SERVINGS



30

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 teaspoons celery seed
- 3 cups cider vinegar
- 16 cups cucumbers thinly sliced
- 3 cloves garlic halved
- 1.5 teaspoons ground turmeric
- 2 tablespoons mustard seed
- 0.3 cup pickling salt
- 8 onions white sliced

- 4 cups sugar white
- 6 quart canning jars with lids and rings
- 6 quart canning jars with lids and rings

## Equipment

- paper towels
- sauce pan
- knife
- pot
- spatula

## Directions

- Combine cucumbers, onions, pickling salt, and garlic in a large pot.
- Place enough cracked ice atop the cucumber mixture to cover by at least 2 inches.
- Cover the pot with a lid and refrigerate 3 to 12 hours.
- Drain all liquid from the mixture. Discard any remaining pieces of ice.
- Remove the garlic and set aside.
- Bring the sugar, vinegar, mustard seed, turmeric, and celery seed to a boil in a separate large saucepan, stirring frequently.
- Add the cucumber and onion mixture; return to a boil. Reduce heat to medium-low and cook at a simmer until cucumbers and onion are soft, 5 to 10 minutes.
- Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the cucumber and onion mixture into the hot, sterilized jars, filling the jars to within 1/2 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings.
- Place jars in a canning pot with at least an inch of water covering all of the jars and boil for 10 minutes.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, 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). If you have a can that does not seal, just

stick it in the fridge and eat that jar first. Store in a cool, dark area, and wait at least 3 hours before opening.

## Nutrition Facts

**PROTEIN 2.91%** **FAT 3.55%** **CARBS 93.54%**

### Properties

Glycemic Index:6.24, Glycemic Load:19.5, Inflammation Score:-7, Nutrition Score:2.9160869989706%

### Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

### Nutrients (% of daily need)

Calories: 132.85kcal (6.64%), Fat: 0.53g (0.82%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 30.34g (11.03%), Sugar: 28.99g (32.21%), Cholesterol: 0mg (0%), Sodium: 1261.88mg (54.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Manganese: 0.19mg (9.59%), Vitamin C: 4.63mg (5.61%), Vitamin K: 5.28µg (5.03%), Potassium: 168.08mg (4.8%), Fiber: 1.12g (4.5%), Folate: 16.75µg (4.19%), Vitamin B6: 0.08mg (4.03%), Magnesium: 16.09mg (4.02%), Copper: 0.07mg (3.71%), Phosphorus: 32.66mg (3.27%), Selenium: 1.99µg (2.84%), Vitamin B1: 0.04mg (2.83%), Iron: 0.45mg (2.49%), Calcium: 23.84mg (2.38%), Vitamin B5: 0.21mg (2.14%), Vitamin B2: 0.03mg (1.97%), Zinc: 0.25mg (1.64%), Vitamin A: 51.97IU (1.04%)