



Blue Ribbon Horseradish Pickles



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



10

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 10 cloves garlic peeled
- ☐ 2.5 inch horseradish fresh peeled
- ☐ 40 small pickling cucumbers
- ☐ 1 teaspoon pickling spices whole
- ☐ 5 tablespoons pickling salt
- ☐ 7 cups water
- ☐ 1.3 cups sugar white
- ☐ 1.8 cups vinegar white

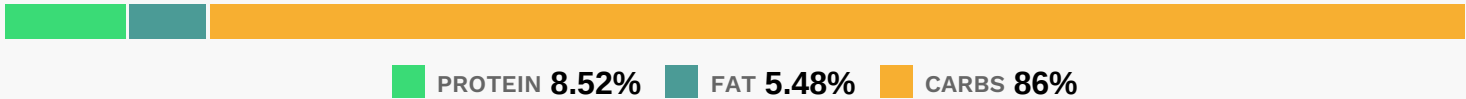
Equipment

☐ pot

Directions

- ☐ Soak the cucumbers in ice cold water for 2 to 3 hours.
- ☐ Sterilize 5 (1 quart) jars with lids and rings and keep hot.
- ☐ In a large pot, combine the water, vinegar, sugar and pickling spices. Stir to dissolve sugar and bring to a boil.
- ☐ While the mixture is heating up, place the following things into each jar: 1 tablespoon of salt, 2 cloves of garlic, 2 strips of horseradish, and a few sprigs of dill. Trim the ends from the cucumbers and make a slit in the skin of each one so the brine can soak in and any air can get out. Pack the cucumbers into the jars.
- ☐ Pour the boiling brine into the jars to within 1/2 inch of the rims. Seal with lids and rings.
- ☐ Bring the water to a boil in the pot where you sterilized the jars.
- ☐ Place the jars into the water and turn off the heat.
- ☐ Let them sit in there until the water is cool. Test the jars for a good seal by pressing on the center of the lid. Refrigerate any unsealed jars.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:19.14, Inflammation Score:-6, Nutrition Score:13.79434789782%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 185.12kcal (9.26%), Fat: 1.12g (1.73%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 35.18g (12.79%), Sugar: 33.72g (37.47%), Cholesterol: 0mg (0%), Sodium: 3510.95mg (152.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin K: 45.56µg (43.39%), Manganese:

0.55mg (27.6%), Vitamin C: 21.24mg (25.74%), Potassium: 875.75mg (25.02%), Copper: 0.49mg (24.62%), Folate: 88.64µg (22.16%), Magnesium: 79.05mg (19.76%), Fiber: 4.53g (18.12%), Vitamin B6: 0.36mg (18%), Vitamin B5: 1.53mg (15.35%), Phosphorus: 139.32mg (13.93%), Vitamin B1: 0.2mg (13.47%), Calcium: 105.29mg (10.53%), Vitamin B2: 0.17mg (9.78%), Vitamin A: 456.39IU (9.13%), Iron: 1.51mg (8.4%), Zinc: 1.14mg (7.62%), Selenium: 1.45µg (2.07%), Vitamin B3: 0.26mg (1.3%), Vitamin E: 0.19mg (1.28%)