



Bread and Butter Pickles



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



275 min.

SERVINGS



50

CALORIES



465 kcal

Ingredients

- ☐ 2.5 lbs pickling cucumbers fresh (from the market)
- ☐ 1 pound onions white yellow thinly sliced
- ☐ 0.3 cup pickling salt dark (can use Kosher salt as a substitute, regular table salt has additives in it that will turn the pickles and muddy the color of the pickle juice)
- ☐ 1.3 cup distilled vinegar white 5% (acidity)
- ☐ 1 cup apple cider vinegar 5% (acidity)
- ☐ 2.3 cups sugar
- ☐ 1 Tbsp mustard seeds
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 0.8 teaspoon celery seeds

- ☐ 1 inch cinnamon sticks
- ☐ 6 allspice plus a pinch of ground allspice
- ☐ 6 cloves whole plus a pinch of ground cloves
- ☐ 0.5 teaspoon turmeric
- ☐ 16 qt canning pot with rack
- ☐ 5 pint-sized canning jars for the lids (see canning jars and lids)
- ☐ 1 Jar lifters
- ☐ 5 pint-sized canning jars for the lids (see canning jars and lids)

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Prep the cucumbers: Carefully rinse the cucumbers, scrubbing away any dirt that may have stuck to the ribs. Slice off 1/8-inch from the ends and discard. Slice the cucumbers in 1/4-inch thick slices, place in a large bowl.
- ☐ Add the sliced onions and pickling salt. Stir in so that the salt is well distributed among the cucumber slices. Cover with a clean tea towel (thin towel, not terry cloth). Cover with a couple of inches of ice.
- ☐ Put in the refrigerator and let chill for 4 hours. Discard ice. Rinse the cucumber and onion slices thoroughly, drain. Rinse and drain again.
- ☐ Sterilize the jars: If you are planning to store your pickles outside of the refrigerator for any length of time, you will need to sterilize your jars before canning, and heat the filled jars in a hot water bath after canning.

- ☐ If you are planning to eat the pickles right away and store them the whole time in the refrigerator, you can skip the water bath step. It's still a good idea to sterilize the jars first, you can do that by running them through the dishwasher, or placing them in a 200°F oven for 10 minutes.
- ☐ To sterilize the jars for canning, place empty jars on a metal rack in a large, 16-qt canning pot. (Jars must rest on a rack in the pot, not on the bottom of the pot). Fill with warm water and bring to a boil. Reduce heat to warm to keep the jars hot and ready for canning.
- ☐ Remove with tongs or jar lifters one by one as you can the cucumbers.
- ☐ Sterilize the lids by bringing a pot of water to a boil and pouring water over a bowl containing the lids.
- ☐ Boil vinegar, sugar, pickling spices: In a 4 qt or 6 qt pot, place the vinegar, sugar, and all of the spices. Bring to a boil. Once the sugar has dissolved, add the sliced cucumbers and onions. Bring to a boil again. As soon as the sugar vinegar solution begins boiling again, use a slotted spoon to start packing the hot jars with the cucumbers.
- ☐ Pack jars with cucumbers and onions, pour pickling syrup over them: First pack a jar to an inch from the rim with the vegetables. Then pour hot vinegar sugar syrup over the vegetables to a half inch from the rim.
- ☐ Wipe the rim clean with a paper towel.
- ☐ Place a sterilized lid on the jar. Secure with a metal screw band.
- ☐ Process in hot water bath: If you are planning to store pickles outside of refrigerator, process the filled jars in a hot water bath for at least 15 minutes. Return filled jars to the same canning pot with its already hot water. Water level needs to be at least one inch above the top of the cans.
- ☐ Bring to a boil and let boil hard for 15 minutes, or 20 minutes for altitudes of 1001 to 6,000 feet. Over 6,000 feet, boil for 25 minutes.
- ☐ Remove jars from pot.
- ☐ Let cool down to room temperature. Jars should make a popping sound as their lids seal. If a lid doesn't properly seal, do not store the jar outside of the refrigerator.

Nutrition Facts

 **PROTEIN 59.6%**  **FAT 30.99%**  **CARBS 9.41%**

Properties

Glycemic Index:4.54, Glycemic Load:6.54, Inflammation Score:-5, Nutrition Score:31.343912987605%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 465.48kcal (23.27%), Fat: 15.43g (23.74%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 10.18g (3.7%), Sugar: 9.71g (10.79%), Cholesterol: 196.84mg (65.61%), Sodium: 243.89mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.78g (133.57%), Zinc: 16.67mg (111.11%), Selenium: 74.63µg (106.61%), Vitamin B12: 6.39µg (106.5%), Vitamin B3: 15.84mg (79.22%), Vitamin B6: 1.51mg (75.27%), Phosphorus: 618.15mg (61.81%), Iron: 6.25mg (34.7%), Vitamin B2: 0.52mg (30.56%), Potassium: 1056.26mg (30.18%), Vitamin B5: 2.05mg (20.48%), Magnesium: 74.34mg (18.58%), Vitamin B1: 0.25mg (16.38%), Copper: 0.3mg (14.93%), Folate: 44.5µg (11.13%), Vitamin E: 0.91mg (6.07%), Manganese: 0.11mg (5.41%), Calcium: 52.88mg (5.29%), Vitamin K: 5.38µg (5.12%), Vitamin D: 0.3µg (2.02%), Vitamin C: 1.42mg (1.72%), Fiber: 0.37g (1.47%)