



Candied Jalapeños



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 12 oz pickled jalapeño pepper
- ☐ 1 teaspoon lime zest loosely packed
- ☐ 4 chile peppers red sliced
- ☐ 0.8 cup sugar

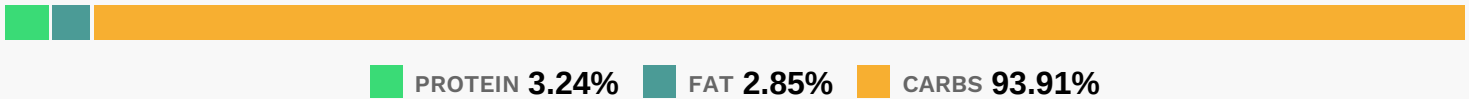
Equipment

- ☐ bowl

Directions

- ☐
- Drain pickled jalapeo pepper slices, discarding liquid and reserving jar and lid. Toss together jalapeo slices, red chile pepper slices, sugar, and lime zest.
- ☐
- Let stand 5 minutes, stirring occasionally. Spoon into reserved jar, scraping any remaining sugar mixture from bowl into jar. Cover with lid, and chill 48 hours to 1 week, shaking jar several times a day to dissolve any sugar that settles.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:22.94, Inflammation Score:-8, Nutrition Score:10.763913126095%

Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 149.75kcal (7.49%), Fat: 0.51g (0.78%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 35.06g (12.75%), Sugar: 34.66g (38.51%), Cholesterol: 0mg (0%), Sodium: 5.59mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin C: 132.54mg (160.66%), Vitamin B6: 0.47mg (23.37%), Vitamin A: 1076.38IU (21.53%), Vitamin E: 2.69mg (17.9%), Vitamin K: 17.63µg (16.79%), Fiber: 2.46g (9.83%), Potassium: 285.66mg (8.16%), Manganese: 0.13mg (6.73%), Folate: 26.68µg (6.67%), Vitamin B3: 1.32mg (6.6%), Vitamin B2: 0.08mg (4.96%), Magnesium: 18.51mg (4.63%), Copper: 0.08mg (4%), Vitamin B1: 0.05mg (3.55%), Phosphorus: 33.24mg (3.32%), Iron: 0.56mg (3.1%), Vitamin B5: 0.29mg (2.88%), Calcium: 13.64mg (1.36%), Zinc: 0.19mg (1.28%)