

Christmas Red Pickles

 **Gluten Free**  **Dairy Free**  **Popular**  **Low Fod Map**

READY IN

ready

905 min.

SERVINGS

servings

100

CALORIES

calories

66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon powdered alum
- ☐ 4 cinnamon sticks
- ☐ 7 pounds cucumbers
- ☐ 1 cup pickling lime (calcium hydroxide)
- ☐ 1 cup cinnamon candies red hot
- ☐ 2 teaspoons food coloring red
- ☐ 2 cups water
- ☐ 2 cups distilled vinegar white

☐ 7 cups sugar white

Equipment

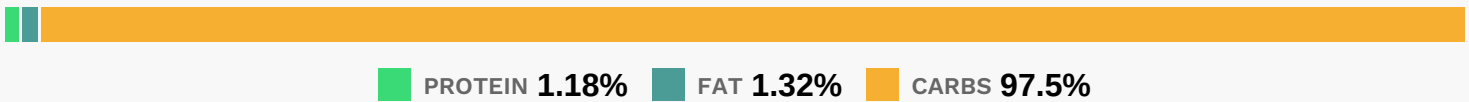
☐ sauce pan

☐ pot

Directions

- ☐ Peel cucumbers, halve lengthwise, and scrape out the seeds with a spoon.
- ☐ Cut the cucumber into 1/4 inch half circles, and place into a glass or ceramic crock. Dissolve the pickling lime in about 1 quart of room temperature water, pour over the cucumbers, then add additional water until the cucumbers are covered by 1/2 inch.
- ☐ Let stand at room temperature 24 hours.
- ☐ Drain the cucumbers and rinse well with cold water.
- ☐ Place into a large stockpot, and cover with cold water. Allow to stand for 3 hours, then drain and rinse again.
- ☐ Return the cucumbers to the pot, add the food coloring, alum, 1 cup vinegar, and enough water to cover by 1/2 inch. Bring to a boil over high heat, then reduce heat to a simmer, and cook 2 hours. Once the cucumbers have cooked for 2 hours, drain and allow to cool a bit before placing into the glass or ceramic jar.
- ☐ Stir together sugar, 2 cups vinegar, 2 cups water, cinnamon red hot candies, and cinnamon sticks in a saucepan over medium heat until the sugar and candies dissolve.
- ☐ Pour this mixture over the warm cucumbers, cover, and let stand overnight.
- ☐ Pack pickles into pint jars, and process in a hot water bath for 15 to 20 minutes. Refrigerate any jars that do not seal.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:9.88, Inflammation Score:-1, Nutrition Score:0.81956521356883%

Flavonoids

Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 65.64kcal (3.28%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0.03%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 16.23g (5.9%), Sugar: 15.91g (17.68%), Cholesterol: 0mg (0%), Sodium: 5.39mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Manganese: 0.05mg (2.55%), Vitamin K: 2.34µg (2.22%), Vitamin C: 1.3mg (1.58%), Potassium: 45.15mg (1.29%), Fiber: 0.32g (1.29%), Copper: 0.03mg (1.28%), Folate: 4.53µg (1.13%), Magnesium: 4.06mg (1.02%)