



Dill Pickle Spears



Gluten Free



Dairy Free

READY IN



20160 min.

SERVINGS



40

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons pickling spice
- ☐ 24 dill sprigs fresh
- ☐ 6 garlic cloves halved
- ☐ 0.5 cup mustard seeds
- ☐ 8 pounds pickling cucumbers quartered
- ☐ 0.5 cup pickling salt
- ☐ 0.3 cup sugar
- ☐ 2 gallons water

- ☐ 4 cups water
- ☐ 1.5 quarts vinegar white

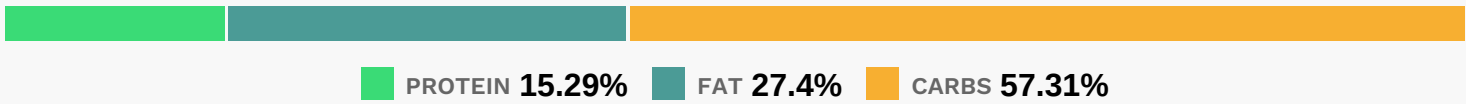
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 2 gallons water and salt in a large container, stirring with a whisk until salt dissolves.
- ☐ Add cucumbers; let stand at room temperature for 12 hours.
- ☐ Place 2 teaspoons mustard seeds, 2 dill sprigs, and 1 garlic clove half in each of 12 (1-pint) hot sterilized jars.
- ☐ Drain cucumbers; divide among jars.
- ☐ Combine vinegar, 4 cups water, sugar, and pickling spice in a large saucepan. Bring to a boil; cook 10 minutes. Divide hot vinegar mixture evenly among jars, filling to 1/2 inch from top.
- ☐ Remove air bubbles; wipe jar rims. Cover with metal lids; screw on bands.
- ☐ Process in boiling-water bath for 20 minutes.
- ☐ Remove jars from water bath; cool completely, and check for proper seal (see Note below). For best flavor, allow 2 weeks before eating. Store pickles in a cool, dark place for up to 1 year.
- ☐ Remove jars from canner, placing on a towel.
- ☐ Let jars stand at room temperature 12 to 24 hours. Press center of each lid; lids should not flex or "pop."
- ☐ Remove bands; gently try to lift lid with gentle pressure. If lid stays on, you have a good seal.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:3.8608695501867%

Flavonoids

Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 35.77kcal (1.79%), Fat: 0.96g (1.48%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.29g (1.19%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 1428.75mg (62.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Vitamin K: 11.25µg (10.71%), Manganese: 0.19mg (9.67%), Selenium: 4.8µg (6.86%), Copper: 0.12mg (6.12%), Magnesium: 23.71mg (5.93%), Fiber: 1.23g (4.92%), Folate: 18.81µg (4.7%), Vitamin C: 3.72mg (4.51%), Potassium: 155.63mg (4.45%), Calcium: 41.63mg (4.16%), Iron: 0.74mg (4.1%), Phosphorus: 40.24mg (4.02%), Vitamin B6: 0.07mg (3.46%), Vitamin B1: 0.05mg (3.19%), Vitamin A: 124.9IU (2.5%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.34mg (2.28%), Vitamin B2: 0.03mg (2.04%), Vitamin E: 0.27mg (1.8%)