



Dill Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



135 min.

SERVINGS



16

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 heads dill weed fresh
- 16 cloves garlic peeled halved
- 8 pounds long pickling cucumbers
- 0.7 cup pickling salt
- 12 cups water
- 4 cups vinegar white

Equipment

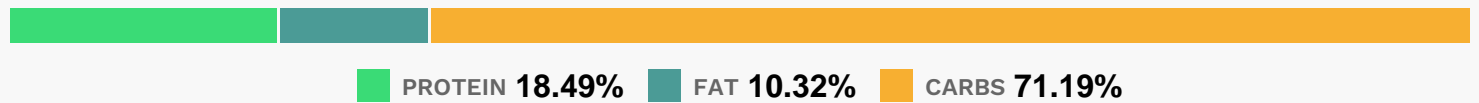
- pot

canning jar

Directions

- Wash cucumbers, and place in the sink (I use the bathtub!) with cold water and lots of ice cubes. Soak in ice water for at least 2 hours but no more than 8 hours. Refresh ice as required. Sterilize 8 (1 quart) canning jars and lids in boiling water for at least 10 minutes.
- In a large pot over medium-high heat, combine the vinegar, water, and pickling salt. Bring the brine to a rapid boil.
- In each jar, place 2 half-cloves of garlic, one head of dill, then enough cucumbers to fill the jar (about 1 pound). Then add 2 more garlic halves, and 1 sprig of dill. Fill jars with hot brine. Seal jars, making sure you have cleaned the jar's rims of any residue.
- Process sealed jars in a boiling water bath. Process quart jars for 15 minutes.
- Store pickles for a minimum of 8 weeks before eating. Refrigerate after opening. Pickles will keep for up to 2 years if stored in a cool dry place.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:5.5378260780936%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 43.38kcal (2.17%), Fat: 0.38g (0.59%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 4.29g (1.56%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 4731.05mg (205.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Vitamin K: 16.38µg (15.6%), Manganese: 0.27mg (13.46%), Vitamin C: 8.62mg (10.45%), Copper: 0.21mg (10.33%), Potassium: 326.41mg (9.33%), Folate: 32.59µg (8.15%), Magnesium: 30.77mg (7.69%), Vitamin B6: 0.15mg (7.69%), Fiber: 1.66g (6.64%), Vitamin B5: 0.56mg (5.64%), Phosphorus: 55.1mg (5.51%), Vitamin B1: 0.08mg (5.11%), Calcium: 50.29mg (5.03%), Vitamin A: 202.15IU (4.04%), Vitamin B2: 0.06mg (3.62%), Iron: 0.64mg (3.57%), Zinc: 0.46mg (3.07%), Selenium: 0.98µg (1.41%)