



Dilled Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



119 kcal

SIDE DISH

Ingredients

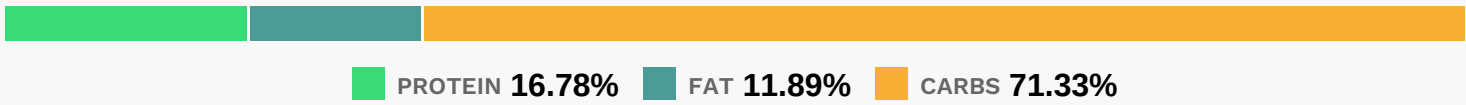
- ☐ 3.5 teaspoons dill seed
- ☐ 7 garlic clove quartered
- ☐ 2 pounds green beans
- ☐ 3.5 teaspoons mustard seeds
- ☐ 7 bell pepper red hot
- ☐ 0.5 cup salt
- ☐ 5 cups water
- ☐ 5 cups vinegar white 5% (acidity)

Equipment

Directions

- ☐ Pack beans into hot jars, trimming to fit 1/2 inch from top.
- ☐ Add 1 pepper, 1 garlic clove (quartered), 1/2 teaspoon mustard seeds, and 1/2 teaspoon dill seeds to each jar.
- ☐ Bring vinegar, 5 cups water, and pickling salt to a boil; pour into each jar, filling to 1/2 inch from top.
- ☐ Remove air bubbles; wipe jar rims. Cover at once with metal lids; screw on bands.
- ☐ Process in a boiling-water bath 10 minutes. 1 3/4 teaspoons dried crushed red pepper may be substituted for hot red peppers.
- ☐ Add 1/4 teaspoon per jar.

Nutrition Facts



Properties

Glycemic Index:22.57, Glycemic Load:4.36, Inflammation Score:-10, Nutrition Score:22.280000043952%

Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 119.19kcal (5.96%), Fat: 1.35g (2.08%), Saturated Fat: 0.18g (1.09%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 11.81g (4.29%), Sugar: 9.43g (10.48%), Cholesterol: 0mg (0%), Sodium: 8109.35mg (352.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin C: 169.39mg (205.33%), Vitamin A: 4621.41IU (92.43%), Vitamin K: 61.69µg (58.75%), Manganese: 0.64mg (32.02%), Vitamin B6: 0.57mg (28.74%), Fiber: 6.47g (25.86%), Folate: 100.13µg (25.03%), Vitamin E: 2.49mg (16.6%), Potassium: 565.41mg (16.15%), Magnesium: 59.39mg (14.85%), Vitamin B2: 0.25mg (14.48%), Iron: 2.33mg (12.95%), Vitamin B1: 0.19mg (12.87%), Vitamin B3: 2.24mg (11.19%), Phosphorus: 107.39mg (10.74%), Calcium: 102.62mg (10.26%), Copper: 0.18mg (9.04%), Selenium: 5.5µg (7.86%), Vitamin B5: 0.7mg (6.99%), Zinc: 0.85mg (5.63%)