

 64%
HEALTH SCORE

Dilly Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup pickling spice
- ☐ 8 heads dill weed fresh
- ☐ 5 pounds green beans fresh rinsed trimmed
- ☐ 16 cloves garlic peeled
- ☐ 0.5 cup mustard seed
- ☐ 8 chile peppers dried red
- ☐ 1 cup pickling salt
- ☐ 6 cups water

☐ 6 cups distilled vinegar white

Equipment

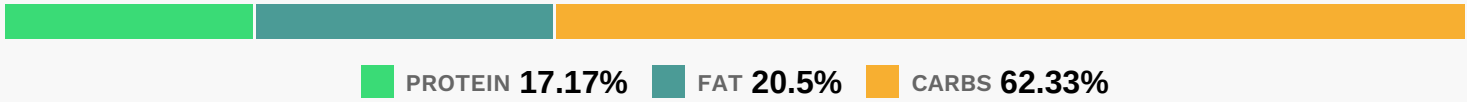
☐ ladle

☐ pot

Directions

- ☐ Sterilize 8 (1 pint) jars in boiling water for at least 5 minutes.
- ☐ Combine the water, pickling salt and vinegar in a large pot, and bring to a boil. When it begins to boil, reduce heat to low, and keep at a simmer while you pack the jars.
- ☐ In each jar place the following: 1 head of dill, 1 tablespoon of pickling spice, 1 tablespoon of mustard seed, 1 dried chile pepper, 2 cloves of garlic, and 1/8 teaspoon of alum. Pack beans into the spiced jars in a standing position.
- ☐ Ladle the hot brine into jars, leaving 1/2 inch of space at the top. Screw the lids onto the jars, and process in a hot water bath for 6 minutes to seal. Store for at least 2 weeks before eating.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:6.37, Inflammation Score:-10, Nutrition Score:33.926521550054%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 226.46kcal (11.32%), Fat: 5.18g (7.97%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 19.89g (7.23%), Sugar: 10.91g (12.12%), Cholesterol: 0mg (0%), Sodium: 14183.54mg (616.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Vitamin K: 215.05µg (204.81%), Manganese: 1.87mg (93.45%), Fiber: 15.53g (62.1%), Iron: 9.72mg (53.98%), Vitamin A: 2421.09IU (48.42%), Vitamin C: 38.56mg (46.74%), Calcium: 408.02mg (40.8%), Magnesium: 156.65mg (39.16%), Selenium: 26.34µg (37.63%), Folate: 147.75µg (36.94%), Vitamin B6: 0.68mg (33.83%), Vitamin E: 4.42mg (29.48%), Potassium: 910.44mg (26.01%),

Vitamin B2: 0.42mg (24.48%), Vitamin B1: 0.36mg (23.81%), Phosphorus: 235.87mg (23.59%), Copper: 0.43mg (21.45%), Vitamin B3: 3.37mg (16.85%), Zinc: 1.88mg (12.54%), Vitamin B5: 0.9mg (9.05%)