



Dilly Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon peppercorns black crushed
- ☐ 0.7 cup sea salt
- ☐ 6 dill sprigs fresh
- ☐ 1 tablespoon dill seeds
- ☐ 6 small garlic cloves smashed
- ☐ 3 small chiles dried red (such as cayenne or chile de árbol)
- ☐ 2 pounds yellow wax beans trimmed

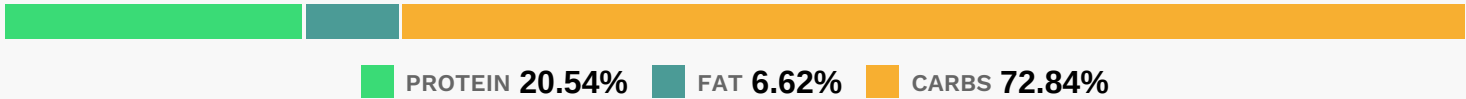
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ sieve
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ cheesecloth

Directions

- ☐ Stir salt and 1 gallon warm water in a large bowl until salt is dissolved.
- ☐ Let brine cool to room temperature.
- ☐ Layer beans with remaining ingredients in a large ceramic, glass, or stainless-steel mixing bowl.
- ☐ Add brine to cover.
- ☐ Pour remaining brine into a resealable plastic bag; seal and place on beans to submerge. Cover bowl with a clean kitchen towel.
- ☐ Let stand at room temperature until bubbles form around edge of bowl, 4–5 days.
- ☐ Spoon off any foam from surface of brine. Continue to let stand at room temperature, discarding foam as necessary, until beans are pickled, about 2 weeks.
- ☐ Using a slotted spoon, divide beans, herbs, and spices among 3 clean 1-quart jars. Set a strainer with 2 layers of cheesecloth over a large pitcher; pour brine through strainer.
- ☐ Pour over beans in jars, leaving 1/2" space on top. Cover; chill up to 2 months.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:2.41, Inflammation Score:-6, Nutrition Score:7.6017391276748%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 65.34kcal (3.27%), Fat: 0.53g (0.81%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 10.21g (3.71%), Sugar: 0.14g (0.15%), Cholesterol: 0mg (0%), Sodium: 12585.6mg (547.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin C: 33.85mg (41.03%), Folate: 153.15µg (38.29%), Iron: 2.15mg (11.96%), Magnesium: 46.74mg (11.68%), Fiber: 2.84g (11.37%), Manganese: 0.21mg (10.55%), Potassium: 365.48mg (10.44%), Calcium: 103.37mg (10.34%), Copper: 0.14mg (7.25%), Phosphorus: 67.31mg (6.73%), Zinc: 0.75mg (5%), Vitamin A: 148.26IU (2.97%), Vitamin B6: 0.05mg (2.3%), Vitamin K: 1.52µg (1.45%)