

Dilly Beans

Gluten Free

Dairy Free

♦ Vegan

READY IN SERVINGS

45 min.

6

Vegetarian

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		
20 E40/		
PROTEIN 20.54% FAT 6.62% CARBS 72.84%		

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

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: Omg (0%), Sodium: 12585.6mg (547.2%), Alcohol: Og (100%), Alcohol %: O% (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%)