



Easy Dill Pickle Spears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 1 teaspoon dill seed
- ☐ 0.8 ounce optional: dill fresh
- ☐ 4 garlic clove thinly sliced
- ☐ 1.3 teaspoons kosher salt
- ☐ 1 teaspoon mustard seeds
- ☐ 6 cucumber
- ☐ 1.5 teaspoons sugar

- ☐ 2 cups water
- ☐ 1.5 cups citrus champagne vinegar

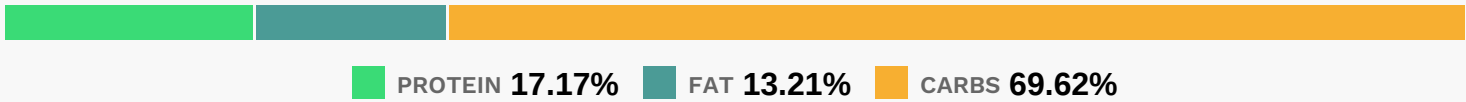
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine water, vinegar, sugar, kosher salt, peppercorns, dill seed, mustard seeds, and garlic in a medium saucepan. Bring to a boil; stir. Quarter pickling cucumbers lengthwise, and place in a bowl or jar; add fresh dill. Top with hot vinegar mixture. Cover and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:2.0786956542212%

Flavonoids

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 15.29kcal (0.76%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.3g (1.44%), Cholesterol: 0mg (0%), Sodium: 125.5mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Manganese: 0.11mg (5.48%), Vitamin K: 5.72µg (5.44%), Vitamin C: 3.41mg (4.13%), Potassium: 120.8mg (3.45%), Copper: 0.06mg (3.24%), Folate: 12.09µg (3.02%), Magnesium: 11.41mg (2.85%), Fiber: 0.63g (2.54%), Vitamin A: 123.51IU (2.47%), Vitamin B6: 0.05mg (2.37%), Phosphorus: 19.86mg (1.99%), Iron: 0.34mg (1.91%), Vitamin B5: 0.19mg (1.9%), Vitamin B1: 0.03mg (1.76%), Calcium: 17.28mg (1.73%), Vitamin B2: 0.02mg (1.35%), Zinc: 0.16mg (1.08%)