



 **100%**  
HEALTH SCORE

## Easy Quick Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



135 min.

SERVINGS



2

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound baby carrots green trimmed to 1/2 inch, peeled, and halved lengthwise ( 2 bunches)
- 1 bay leaves
- 1 teaspoon peppercorns whole black
- 1 tablespoon brown mustard seeds
- 12 ounces cauliflower cut into 1-inch florets ( )
- 1.3 cups apple cider vinegar
- 1 pound cucumber quartered ( 4)
- 0.3 cup granulated sugar

- 12 ounces green beans ends trimmed
- 2 tablespoons kosher salt
- 12 ounces okra
- 0.8 cup water
- 1 pound zucchini halved quartered ( 4)

## Equipment

- sauce pan

## Directions

- Pack your vegetable of choice tightly in a 1-quart glass jar, leaving about 1/2 inch of room at the top. Set aside. Make the brine: Toast the mustard seeds and peppercorns in a small saucepan over medium heat until fragrant, about 2 minutes.
- Add the remaining ingredients and stir until the sugar and salt have dissolved. Bring to a boil. Immediately pour the brine into the jar, making sure to cover the vegetables completely. Allow the mixture to cool to room temperature, about 1 hour. Seal the jar with a tightfitting lid and shake or rotate it to evenly distribute the brine and spices. Store in the refrigerator for at least 1 day and preferably 1 week before using. The pickles can be kept in the refrigerator for up to 1 month.

## Nutrition Facts



**PROTEIN 13.73%** **FAT 6.06%** **CARBS 80.21%**

## Properties

Glycemic Index:141.05, Glycemic Load:26.77, Inflammation Score:-10, Nutrition Score:53.291739463806%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 42.73mg, Quercetin: 42.73mg, Quercetin: 42.73mg, Quercetin: 42.73mg

## Nutrients (% of daily need)

Calories: 434.91kcal (21.75%), Fat: 3.08g (4.73%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 91.64g (30.55%), Net Carbohydrates: 67.07g (24.39%), Sugar: 56.54g (62.82%), Cholesterol: 0mg (0%), Sodium: 7261.9mg (315.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.38%), Vitamin A: 34299.08IU (685.98%), Vitamin C: 195.71mg (237.22%), Vitamin K: 203.8µg (194.1%), Manganese: 3.58mg (179.05%), Folate: 404.65µg (101.16%), Fiber: 24.56g (98.25%), Potassium: 2961.84mg (84.62%), Vitamin B6: 1.65mg (82.66%), Magnesium: 271.77mg (67.94%), Vitamin B1: 0.82mg (54.37%), Copper: 0.95mg (47.32%), Phosphorus: 464.31mg (46.43%), Vitamin B2: 0.74mg (43.77%), Iron: 7.58mg (42.09%), Calcium: 410.96mg (41.1%), Vitamin B5: 3.89mg (38.89%), Vitamin B3: 6.25mg (31.27%), Zinc: 3.53mg (23.53%), Selenium: 8.46µg (12.09%), Vitamin E: 1.71mg (11.38%)