



Elin's Pickled Pumpkin

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



845 min.

SERVINGS



16

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cinnamon sticks
- 4 pounds pumpkin diced peeled
- 5 cups distilled vinegar white
- 5 cups sugar white

Equipment

- bowl
- sauce pan

Directions

- Place the pumpkin in a large, deep bowl.
- In a large saucepan, mix the sugar, vinegar, cinnamon sticks and cloves. Boil 5 minutes.
- Pour the hot liquid over the pumpkin in the bowl. Cover and set aside 8 hours, or overnight.
- Strain the liquid into a large saucepan. Boil 5 minutes.
- Remove the cinnamon sticks and cloves, leaving a few bits for decoration.
- Place the pumpkin back into the liquid and return to boiling. Boil 5 minutes, or until pumpkin is transparent but crisp. Allow the mixture to cool.
- Transfer to sterile jars and refrigerate.

Nutrition Facts

 PROTEIN 1.62%  FAT 1.01%  CARBS 97.37%

Properties

Glycemic Index:12.32, Glycemic Load:48.56, Inflammation Score:-10, Nutrition Score:9.2126086639321%

Flavonoids

Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg

Nutrients (% of daily need)

Calories: 286.61kcal (14.33%), Fat: 0.32g (0.5%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 70.36g (23.45%), Net Carbohydrates: 69.33g (25.21%), Sugar: 65.56g (72.84%), Cholesterol: 0mg (0%), Sodium: 3.44mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin A: 9656.16IU (193.12%), Manganese: 0.34mg (17.05%), Vitamin C: 10.24mg (12.41%), Potassium: 392.17mg (11.2%), Vitamin E: 1.22mg (8.15%), Vitamin B2: 0.14mg (8.06%), Copper: 0.16mg (7.81%), Iron: 1.04mg (5.75%), Phosphorus: 53.64mg (5.36%), Folate: 18.2µg (4.55%), Fiber: 1.03g (4.13%), Calcium: 37.99mg (3.8%), Vitamin B1: 0.06mg (3.79%), Magnesium: 14.93mg (3.73%), Vitamin B6: 0.07mg (3.53%), Vitamin B3: 0.69mg (3.46%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.39mg (2.62%), Selenium: 1.14µg (1.63%), Vitamin K: 1.52µg (1.45%)