



## Fermented Green Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



32 kcal

SIDE DISH

### Ingredients

- 4 cups water
- 2 tablespoons sea salt fine
- 1.5 pounds tomatoes green quartered
- 4 medium pepper flakes hot sliced
- 6 medium garlic clove

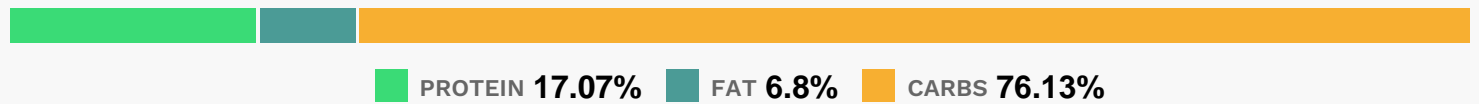
### Equipment

- sauce pan
- whisk

## Directions

- Warm 2 cups water in a small saucepan, and then whisk in the salt until it dissolves. Turn off the heat, and let cool to room temperature.
- Place the tomatoes into a jar, and then add the hot peppers and garlic.
- Pour the cooled brine over them, adding additional water to cover if necessary.
- Place a glass fermentation weight over the tomatoes, and seal the jar.
- Allow the tomatoes to ferment at least 14 days, and up to 6 weeks. Taste the tomatoes periodically, and when they're sour enough for your liking, transfer them to the fridge where they'll keep at least 6 months.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:7.2926088934359%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 31.91kcal (1.6%), Fat: 0.28g (0.43%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.74g (2.09%), Sugar: 4.62g (5.13%), Cholesterol: 0mg (0%), Sodium: 1763.49mg (76.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin C: 52.94mg (64.16%), Vitamin A: 760.41IU (15.21%), Vitamin K: 11.78µg (11.22%), Vitamin B6: 0.21mg (10.53%), Manganese: 0.17mg (8.46%), Potassium: 255.33mg (7.3%), Copper: 0.13mg (6.63%), Fiber: 1.32g (5.28%), Vitamin B5: 0.48mg (4.84%), Vitamin B1: 0.07mg (4.78%), Iron: 0.72mg (3.99%), Magnesium: 15.47mg (3.87%), Phosphorus: 36.93mg (3.69%), Vitamin B3: 0.72mg (3.6%), Vitamin B2: 0.06mg (3.28%), Folate: 12.9µg (3.22%), Vitamin E: 0.48mg (3.2%), Calcium: 22.91mg (2.29%), Selenium: 0.78µg (1.11%), Zinc: 0.16mg (1.07%)