



Flash-Pickled Green Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



20

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup apple cider vinegar
- ☐ 20 servings pepper black freshly ground
- ☐ 2 garlic cloves thinly sliced
- ☐ 1 pound tomatoes green cored sliced
- ☐ 4 teaspoons kosher salt
- ☐ 1 teaspoon rosemary minced
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup water

Equipment

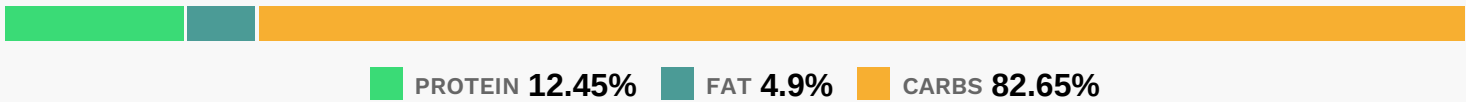
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sauce pan

Directions

- ☐ In a small saucepan, combine the water with the vinegar, salt and sugar and bring to a boil, stirring.
- ☐ Let the pickling liquid cool to room temperature, then add the pepper, rosemary and garlic.
- ☐ Layer the sliced tomatoes in a 1-quart glass jar and cover with the pickling liquid.
- ☐ Let stand at room temperature for 3 hours, then store in the refrigerator.
- ☐ Drain the pickles before serving.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:1.2095652209676%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 10.12kcal (0.51%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.72g (0.63%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 469.02mg (20.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin C: 5.4mg (6.55%), Manganese: 0.06mg (3.2%), Vitamin A: 146.33IU (2.93%), Vitamin K: 2.46µg (2.34%), Potassium: 55.5mg (1.59%), Copper: 0.03mg (1.26%), Vitamin B5: 0.12mg (1.17%), Fiber: 0.28g (1.13%), Vitamin B6: 0.02mg (1.12%)