



Ginger and Chile Pickled Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 6 small chilies dried hot
- ☐ 6 slices ginger fresh peeled
- ☐ 6 garlic clove
- ☐ 3 lbs green beans ends trimmed cut in half
- ☐ 0.5 cup kosher salt
- ☐ 2 tablespoons sugar
- ☐ 4.8 cups vinegar white

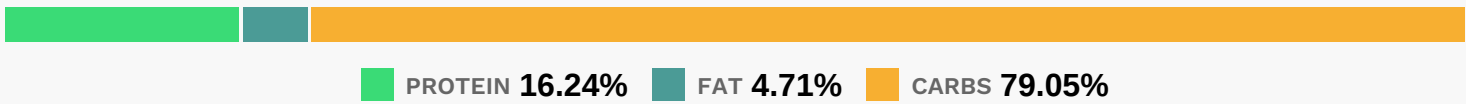
Equipment

- ☐ pot
- ☐ canning jar

Directions

- ☐ Gather canning equipment and heat water in a canner as directed at [sunset.com/canningsteps](https://www.sunset.com/canningsteps)
- ☐ Heat vinegar, 3 1/2 cups water, the salt, and sugar together in a medium pot until boiling. Put a ginger slice, garlic clove, and chile in each of 6 pint-size canning jars. Pack jars with green beans.
- ☐ Pour hot liquid over beans, leaving a 1/2-in. headspace at the top. Put lids on top and screw on rings firmly--but don't force.
- ☐ Process jars 10 minutes. Check that jars are sealed (see [sunset.com/canningsteps](https://www.sunset.com/canningsteps)) and store in a cool, dark place up to 2 years, or chill any that didn't seal; they'll keep up to 1 month.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:7.61, Inflammation Score:-9, Nutrition Score:16.950869560242%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 129.73kcal (6.49%), Fat: 0.57g (0.88%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 15.2g (5.53%), Sugar: 11.74g (13.04%), Cholesterol: 0mg (0%), Sodium: 9450.02mg (410.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Vitamin K: 98.12µg (93.44%), Vitamin C: 28.86mg (34.98%), Manganese: 0.68mg (34.21%), Vitamin A: 1697.6IU (33.95%), Fiber: 6.37g (25.48%), Folate: 75.41µg (18.85%), Vitamin B6: 0.36mg (18.21%), Magnesium: 61.01mg (15.25%), Potassium: 514.28mg (14.69%), Vitamin B2: 0.25mg (14.51%), Iron: 2.57mg (14.29%), Vitamin B1: 0.19mg (12.86%), Calcium: 107.88mg (10.79%), Phosphorus: 100.32mg (10.03%), Copper: 0.19mg (9.54%), Vitamin B3: 1.74mg (8.72%), Vitamin E: 0.95mg (6.35%), Vitamin B5: 0.54mg (5.37%), Zinc: 0.64mg (4.24%), Selenium: 2.88µg (4.11%)