



Gingered Watermelon Rind



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pickling spice
- ☐ 0.5 cup cider vinegar
- ☐ 1 inch ginger fresh peeled thinly sliced
- ☐ 3 tablespoons kosher salt
- ☐ 1.5 cups sugar
- ☐ 5 pound watermelon
- ☐ 0.5 cup vinegar white

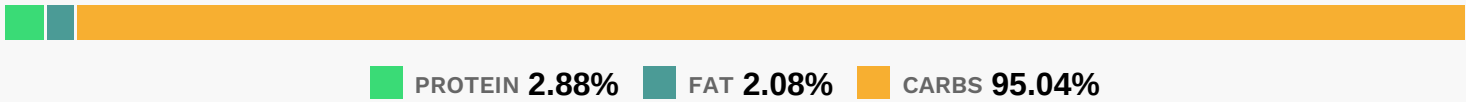
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ziploc bags
- ☐ peeler

Directions

- ☐ Cut watermelon in half. Scoop out watermelon pulp; reserve for another use. Carefully remove outer green layer from watermelon rind using a vegetable peeler.
- ☐ Cut peeled rind into 1 1/2-inch cubes to measure about 4 cups.
- ☐ Combine rind and salt in a large zip-top plastic bag. Seal and refrigerate 24 hours, turning bag occasionally.
- ☐ Remove rind from bag; drain. Rinse rind thoroughly under cold water; drain.
- ☐ Place rind in a large saucepan. Cover with water to 2 inches above rind; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until crisp-tender.
- ☐ Drain and rinse under cold water; drain well.
- ☐ Place rind in a large bowl.
- ☐ Combine sugar and remaining ingredients in a large saucepan; bring to a boil, stirring until sugar dissolves.
- ☐ Pour hot sugar mixture over rind; let stand at room temperature 2 hours. Cover and refrigerate 5 days. Store in an airtight container in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:21.23, Glycemic Load:27.6, Inflammation Score:-7, Nutrition Score:4.3743478007939%

Flavonoids

Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg

Nutrients (% of daily need)

Calories: 158.51kcal (7.93%), Fat: 0.39g (0.59%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 38.71g (14.08%), Sugar: 36.74g (40.82%), Cholesterol: 0mg (0%), Sodium: 1747.14mg (75.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin A: 1082.38IU (21.65%), Vitamin C: 15.35mg (18.6%), Potassium: 227.61mg (6.5%), Manganese: 0.13mg (6.49%), Magnesium: 20.91mg (5.23%), Vitamin B6: 0.09mg (4.51%), Copper: 0.09mg (4.39%), Vitamin B5: 0.42mg (4.23%), Vitamin B1: 0.06mg (4.22%), Fiber: 0.94g (3.77%), Iron: 0.66mg (3.66%), Vitamin B2: 0.05mg (2.75%), Vitamin K: 2.74µg (2.61%), Phosphorus: 22.82mg (2.28%), Calcium: 22.55mg (2.25%), Vitamin B3: 0.36mg (1.8%), Folate: 6.71µg (1.68%), Zinc: 0.21mg (1.43%), Selenium: 1µg (1.42%), Vitamin E: 0.17mg (1.14%)