



## Gram Miller's Bread and Butter Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



4

CALORIES



238 kcal

### Ingredients

- ☐ 0.5 teaspoon celery seed
- ☐ 5 cucumbers thinly sliced
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.5 teaspoon mustard seed
- ☐ 3 onions sliced
- ☐ 0.3 cup salt
- ☐ 1 cup water
- ☐ 0.8 cup sugar white

- ☐ 1 cup vinegar white
- ☐ 4 pint canning jars with lids and rings
- ☐ 4 pint canning jars with lids and rings

## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ spatula

## Directions

- ☐ Mix cucumbers and onions together in a bowl. Stir in salt and let sit for 2 hours.
- ☐ Stir vinegar, water, sugar, celery seed, mustard seed, ginger, and turmeric together in a saucepan over medium-high heat. Bring to a boil; add cucumber mixture and continue to boil until cucumbers and onions are tender, about 5 minutes.
- ☐ Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the hot cucumber mixture into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- ☐ Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- ☐ Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for 15 minutes.
- ☐ Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool dark area.

## Nutrition Facts



 PROTEIN 5.56%  FAT 3.89%  CARBS 90.55%

## Properties

Glycemic Index:41.77, Glycemic Load:28.72, Inflammation Score:-9, Nutrition Score:10.711304229239%

## Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg

## Nutrients (% of daily need)

Calories: 238.01kcal (11.9%), Fat: 1.02g (1.58%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 49.49g (17.99%), Sugar: 46.16g (51.29%), Cholesterol: 0mg (0%), Sodium: 7089.31mg (308.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Manganese: 0.56mg (27.81%), Vitamin K: 27.37µg (26.07%), Vitamin C: 18.21mg (22.07%), Potassium: 646.66mg (18.48%), Folate: 68.89µg (17.22%), Fiber: 4.16g (16.66%), Copper: 0.33mg (16.38%), Vitamin B6: 0.3mg (14.89%), Magnesium: 57.93mg (14.48%), Phosphorus: 110.45mg (11.05%), Vitamin B1: 0.16mg (10.56%), Vitamin B5: 1.01mg (10.06%), Calcium: 87.76mg (8.78%), Iron: 1.34mg (7.47%), Vitamin B2: 0.13mg (7.39%), Zinc: 0.87mg (5.78%), Vitamin A: 271.97IU (5.44%), Selenium: 2.31µg (3.29%), Vitamin B3: 0.29mg (1.45%), Vitamin E: 0.15mg (1.03%)