



Grandma Arndt's Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



650 min.

SERVINGS



60

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large carrots peeled sliced lengthwise into sticks
- ☐ 2 teaspoons celery seed
- ☐ 4 bell peppers green seeded cut into strips
- ☐ 1 teaspoon ground turmeric dried
- ☐ 0.5 cup kosher salt
- ☐ 2 tablespoons mustard seeds whole
- ☐ 10 medium pickling cucumbers sliced lengthwise into spears
- ☐ 4 bell peppers red seeded cut into strips

- ☐ 1 tablespoon pickling salt
- ☐ 1 cup water
- ☐ 3 cups distilled vinegar white
- ☐ 4 cups sugar white

Equipment

- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ spatula
- ☐ canning jar

Directions

- ☐ Make a brine by dissolving 1/2 cup of salt in 4 cups water in a large container, place the cucumber spears into the brine, and let stand overnight.
- ☐ The next day, drain the cucumbers, rinse well with water, and set aside.
- ☐ Combine the sugar, vinegar, 1 cup of water, mustard seeds, celery seed, turmeric, and pickling salt in a large nonreactive pot, and bring to a boil.
- ☐ Add the carrot sticks, and boil for 2 minutes, until the carrots are cooked but not mushy. Stir in the pepper slices and cucumbers, and bring back to a boil.
- ☐ Sterilize canning jars and lids in boiling water for at least 5 minutes. Pack the pickles 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. Process in a boiling water bath canner for 15 minutes, remove the jars, and let cool to room temperature.
- ☐ 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 3.09%**  **FAT 4.04%**  **CARBS 92.87%**

Properties

Glycemic Index:3.82, Glycemic Load:9.74, Inflammation Score:-8, Nutrition Score:3.9460869846137%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 66.49kcal (3.32%), Fat: 0.3g (0.47%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 14.9g (5.42%), Sugar: 14.67g (16.29%), Cholesterol: 0mg (0%), Sodium: 1066.33mg (46.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin A: 1504.85IU (30.1%), Vitamin C: 18.08mg (21.91%), Vitamin K: 4.36µg (4.15%), Manganese: 0.08mg (4.01%), Vitamin B6: 0.07mg (3.53%), Fiber: 0.8g (3.19%), Potassium: 104.44mg (2.98%), Folate: 11.11µg (2.78%), Magnesium: 8.54mg (2.13%), Copper: 0.04mg (2.01%), Vitamin B1: 0.03mg (1.81%), Phosphorus: 17.2mg (1.72%), Vitamin E: 0.23mg (1.55%), Vitamin B2: 0.03mg (1.49%), Iron: 0.25mg (1.41%), Selenium: 0.97µg (1.38%), Vitamin B5: 0.14mg (1.36%), Calcium: 12.3mg (1.23%), Vitamin B3: 0.22mg (1.1%)