



Green bean & mustard pickle



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



27

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 600 g onions chopped
- ☐ 850 ml pickling vinegar
- ☐ 1 kg romano beans
- ☐ 40 g flour plain
- ☐ 57 g ground mustard english canned tinned
- ☐ 2 tbsp ground turmeric
- ☐ 2 tbsp celery salt
- ☐ 2 tbsp mustard seeds black

- ☐ 225 g muscovado sugar light
- ☐ 450 g golden granulated sugar

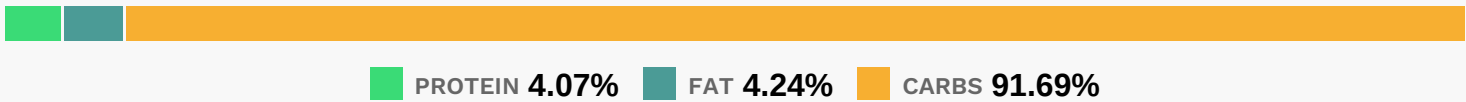
Equipment

- ☐ frying pan

Directions

- ☐ Put the onions in a preserving pan with 500ml of the vinegar. Cover and cook gently for 20 mins until soft. Meanwhile, blanch the beans for 5 mins, then drain.
- ☐ Mix the flour, mustard powder, turmeric and celery salt.
- ☐ Heat the mustard seeds in a small lidded pan until you hear them popping, then tip them into the flour mixture. Gradually stir in remaining vinegar until smooth.
- ☐ When the onions are ready, tip in the spice vinegar mixture and stir continuously over the heat until thickened.
- ☐ Add the blanched beans and cook, uncovered, for 10 mins, stirring occasionally.
- ☐ Add both the sugars and cook, stirring frequently, for 15 mins more until thick. Spoon into sterilised jars (see tip) and seal while hot. This will keep in a cool place for a year, but the colour will fade over time. Once opened, store in the fridge.

Nutrition Facts



Properties

Glycemic Index:10.11, Glycemic Load:13.66, Inflammation Score:-10, Nutrition Score:3.9743478557338%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 135.97kcal (6.8%), Fat: 0.64g (0.99%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 29.73g (10.81%), Sugar: 27.21g (30.23%), Cholesterol: 0mg (0%), Sodium: 702.79mg (30.56%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin K: 16.11µg (15.34%), Manganese: 0.2mg (9.78%), Vitamin C: 6.33mg (7.67%), Fiber: 1.58g (6.32%), Vitamin A: 256.14IU (5.12%), Folate: 20.19µg (5.05%), Vitamin B6: 0.09mg (4.69%), Iron: 0.83mg (4.61%), Potassium: 140.54mg (4.02%), Magnesium: 15.61mg (3.9%), Vitamin B1: 0.06mg (3.78%), Vitamin B2: 0.06mg (3.38%), Selenium: 2.2µg (3.14%), Calcium: 30.64mg (3.06%), Phosphorus: 29.02mg (2.9%), Copper: 0.05mg (2.5%), Vitamin B3: 0.44mg (2.21%), Vitamin B5: 0.13mg (1.32%), Vitamin E: 0.2mg (1.31%), Zinc: 0.2mg (1.31%)