



Green Tomato Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



287 kcal

SIDE DISH

Ingredients

- 1.5 cups firmly brown sugar packed
- 2 teaspoons celery seeds
- 2 cups cider vinegar 5% (acidity)
- 5 pounds tomatoes green chopped
- 2 teaspoons mustard seeds
- 1 large onion chopped
- 2 tablespoons pickling salt
- 3 cups water

- 2 teaspoons allspice whole

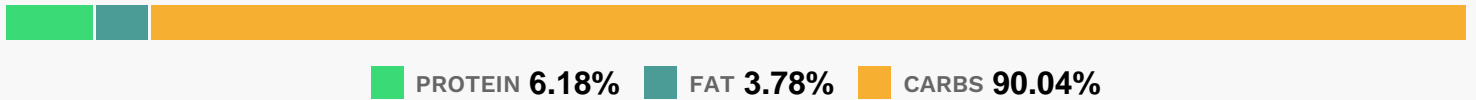
Equipment

- paper towels
- dutch oven
- cheesecloth

Directions

- Sprinkle tomato and onion with pickling salt; let stand 4 to 6 hours.
- Drain and pat dry with paper towels; set aside.
- Combine brown sugar and vinegar in a Dutch oven; cook over medium heat, stirring constantly, until sugar dissolves.
- Place mustard seeds and next 3 ingredients on 6-inch square of cheesecloth; tie with string.
- Add spice bag, tomato, onion, and 3 cups water to vinegar mixture.
- Bring to a boil, stirring constantly; reduce heat, and simmer, stirring occasionally, 25 minutes or until tomato and onion are tender.
- Remove and discard spice bag.
- Pour hot mixture into hot jars, filling to 1/2 inch from top.
- Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.
- Process in boiling-water bath 10 minutes.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:17.469130505686%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 4.36mg, Luteolin: 4.36mg, Luteolin: 4.36mg, Luteolin: 4.36mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 286.87kcal (14.34%), Fat: 1.25g (1.92%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 66.9g (22.3%), Net Carbohydrates: 62.5g (22.73%), Sugar: 59.93g (66.59%), Cholesterol: 0mg (0%), Sodium: 2060.04mg (89.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.19%), Vitamin C: 78.11mg (94.68%), Vitamin A: 2088.64IU (41.77%), Manganese: 0.66mg (33.13%), Vitamin K: 32.86µg (31.29%), Potassium: 834.22mg (23.83%), Copper: 0.37mg (18.32%), Fiber: 4.4g (17.62%), Vitamin B5: 1.72mg (17.16%), Vitamin B6: 0.32mg (15.95%), Iron: 2.62mg (14.56%), Vitamin B1: 0.21mg (14.3%), Magnesium: 50.85mg (12.71%), Calcium: 116.92mg (11.69%), Phosphorus: 116.1mg (11.61%), Vitamin B3: 1.79mg (8.98%), Folate: 35.66µg (8.91%), Vitamin E: 1.28mg (8.57%), Vitamin B2: 0.14mg (8.25%), Selenium: 3.93µg (5.62%), Zinc: 0.43mg (2.84%)