



Green Tomato Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups brown sugar packed
- ☐ 1 teaspoon celery seed
- ☐ 1 gallon tomatoes green unpeeled thinly sliced
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 tablespoon mustard seeds
- ☐ 1 quart onion thinly sliced
- ☐ 0.1 teaspoon bell pepper red
- ☐ 0.3 cup salt

- ☐ 3 cups vinegar white
- ☐ 1 teaspoon allspice whole
- ☐ 1 tablespoon peppercorns whole

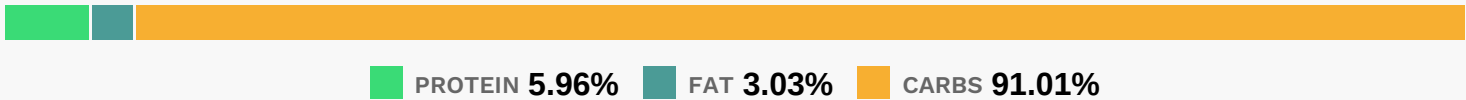
Equipment

- ☐ pot
- ☐ cheesecloth

Directions

- ☐ Combine tomatoes and onion in a large glass, ceramic, or stainless steel container; sprinkle with salt. Cover and let stand in a cool place overnight. Rinse tomatoes and onion several times in cold water; drain. Set aside.
- ☐ Combine peppercorns, mustard seeds, allspice, celery seeds, red pepper, and lemon slices; tie loosely in a cheesecloth bag.
- ☐ Combine spice bag, vinegar, and sugar in a stainless steel stockpot; bring to a boil.
- ☐ Add reserved tomatoes and onion. Return to a boil. Reduce heat; simmer, uncovered, 10 minutes, stirring gently several times.
- ☐ Remove spice bag, and discard.
- ☐ Pack tomatoes into hot sterilized jars; cover with syrup, leaving 1/2-inch headspace.
- ☐ Remove air bubbles. Cover with metal lids, and screw bands tight. Process in boiling-water bath for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:5.77, Inflammation Score:-10, Nutrition Score:45.691304455633%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 4.37mg,

Luteolin: 4.37mg, Luteolin: 4.37mg, Luteolin: 4.37mg Isorhamnetin: 11.85mg, Isorhamnetin: 11.85mg, Isorhamnetin: 11.85mg, Isorhamnetin: 11.85mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 48.34mg, Quercetin: 48.34mg, Quercetin: 48.34mg

Nutrients (% of daily need)

Calories: 1007.04kcal (50.35%), Fat: 3.52g (5.42%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 238.3g (79.43%), Net Carbohydrates: 221.81g (80.66%), Sugar: 208.9g (232.11%), Cholesterol: 0mg (0%), Sodium: 9616.78mg (418.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.2%), Vitamin C: 254.23mg (308.15%), Vitamin A: 6112.52IU (122.25%), Manganese: 1.96mg (97.76%), Vitamin K: 100.78µg (95.98%), Potassium: 2612.17mg (74.63%), Fiber: 16.48g (65.94%), Vitamin B6: 1.17mg (58.27%), Copper: 1.12mg (55.75%), Vitamin B5: 5.35mg (53.5%), Vitamin B1: 0.72mg (47.69%), Iron: 7.6mg (42.24%), Magnesium: 155.79mg (38.95%), Phosphorus: 383.05mg (38.3%), Calcium: 374.11mg (37.41%), Folate: 140.19µg (35.05%), Vitamin B2: 0.46mg (27.17%), Vitamin B3: 5.43mg (27.13%), Vitamin E: 3.86mg (25.71%), Selenium: 13.98µg (19.97%), Zinc: 1.42mg (9.45%)