



Homemade Spicy Dill Pickles



Vegetarian



Gluten Free



Dairy Free

READY IN



1465 min.

SERVINGS



8

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cilantro leaves coarsely chopped
- ☐ 1 teaspoon coriander seeds
- ☐ 0.5 teaspoon cumin seeds toasted
- ☐ 2 cucumbers english washed unpeeled quartered cut in 1/2 horizontally, then lengthwise
- ☐ 0.5 teaspoon fennel seeds
- ☐ 2 tablespoons optional: dill fresh coarsely chopped
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon kosher salt

- ☐ 1 teaspoon mustard seeds
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 cups rice wine vinegar
- ☐ 1 teaspoon peppercorns whole white

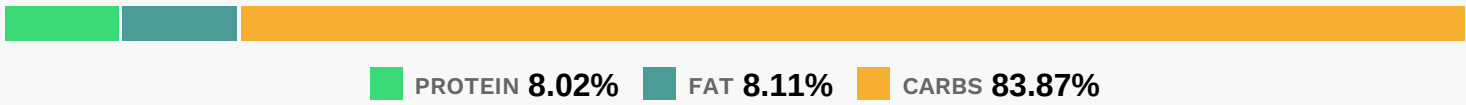
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine the vinegar, honey, pepper flakes, peppercorns, coriander, mustard seeds, fennel seeds, cumin and salt in a medium non-reactive saucepan over high heat and bring to a boil.
- ☐ Let boil for 2 minutes; remove from the heat and let sit until cooled to room temperature.
- ☐ Add the dill and cilantro.
- ☐ Place the cucumber in a medium bowl and pour the cooled vinegar mixture over them. Refrigerate, covered for 24 hours or up to 4 days.

Nutrition Facts



Properties

Glycemic Index:19.28, Glycemic Load:2.28, Inflammation Score:-2, Nutrition Score:2.8047826005065%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 55.95kcal (2.8%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.15g (2.6%), Sugar: 5.65g (6.28%), Cholesterol: 0mg (0%), Sodium: 878.96mg (38.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin K: 12.77µg (12.16%), Manganese: 0.19mg (9.62%), Magnesium: 15.13mg (3.78%), Potassium: 130.14mg (3.72%), Fiber: 0.81g (3.23%), Iron: 0.58mg (3.21%), Phosphorus: 30.24mg (3.02%), Vitamin C: 2.48mg (3.01%), Calcium: 28.25mg (2.83%), Copper: 0.06mg (2.77%), Vitamin A:

132.15IU (2.64%), Selenium: 1.8µg (2.58%), Vitamin B5: 0.2mg (2.03%), Vitamin B2: 0.03mg (1.87%), Vitamin B6: 0.04mg (1.87%), Vitamin B1: 0.03mg (1.72%), Zinc: 0.24mg (1.57%), Folate: 6.28µg (1.57%)