



## How to Make Bread and Butter Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



16

CALORIES



336 kcal

### Ingredients

- 1.5 teaspoons celery seed
- 3 cups cider vinegar
- 25 cucumbers thinly sliced
- 3 cloves garlic chopped
- 2 bell peppers diced green
- 1 tablespoon ground turmeric
- 2 tablespoons mustard seed
- 6 onions thinly sliced
- 0.5 cup salt

5 cups sugar white

## Equipment

bowl

sauce pan

## Directions

In a large bowl, mix together cucumbers, onions, green bell peppers, garlic and salt. Allow to stand approximately 3 hours.

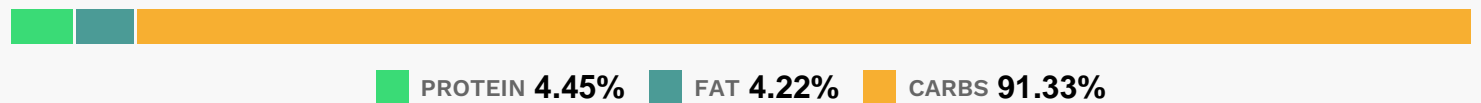
In a large saucepan, mix the cider vinegar, white sugar, mustard seed, celery seed, whole cloves and turmeric. Bring to a boil.

Drain liquid from the cucumber mixture. Stir the mixture into the boiling vinegar mixture.

Remove from heat shortly before the combined mixtures return to boil.

Transfer to sterile containers. Seal and chill in the refrigerator until serving.

## Nutrition Facts



## Properties

Glycemic Index:12.32, Glycemic Load:45.78, Inflammation Score:-10, Nutrition Score:13.285217487294%

## Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

## Nutrients (% of daily need)

Calories: 335.87kcal (16.79%), Fat: 1.61g (2.47%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 78.27g (26.09%), Net Carbohydrates: 73.74g (26.81%), Sugar: 71.24g (79.16%), Cholesterol: 0mg (0%), Sodium: 3551.74mg (154.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin C: 30.43mg (36.89%), Vitamin K: 35.16µg (33.48%), Manganese: 0.63mg (31.41%), Potassium: 784.52mg (22.41%), Folate: 77.38µg (19.35%), Copper: 0.39mg (19.26%), Fiber: 4.53g (18.12%), Magnesium: 71.09mg (17.77%), Vitamin B6: 0.34mg (17.19%), Phosphorus: 131.4mg (13.14%), Vitamin B1: 0.19mg (12.42%), Vitamin B5: 1.21mg (12.05%), Iron: 1.72mg (9.56%), Calcium: 91.34mg (9.13%),

Vitamin B2: 0.15mg (8.83%), Vitamin A: 393.94IU (7.88%), Zinc: 1.04mg (6.95%), Selenium: 4.09µg (5.84%), Vitamin B3: 0.39mg (1.95%), Vitamin E: 0.29mg (1.93%)