



How to Make Pickled Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



378 kcal

SIDE DISH

Ingredients

- ☐ 30 asparagus spears
- ☐ 0.5 teaspoon chili pepper flakes
- ☐ 1 teaspoon coarse salt
- ☐ 1.5 teaspoons dill seed
- ☐ 2 sprigs optional: dill fresh
- ☐ 1 teaspoon mustard seed
- ☐ 0.7 cup sugar
- ☐ 2 quarts water cold

- ☐ 1.7 cups distilled vinegar white
- ☐ 1 onion white sliced into rings

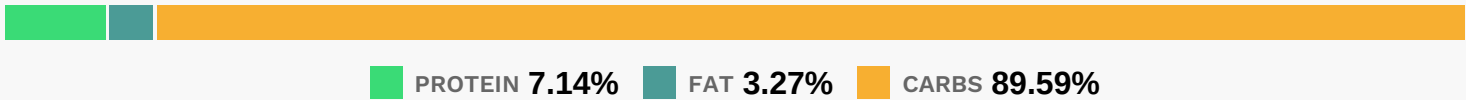
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Trim the cut end of the asparagus spears, and cut them into 3 inch lengths.
- ☐ Place them in a large bowl with 1/3 cup salt, and cover with water.
- ☐ Let stand for 2 hours.
- ☐ Drain and rinse under cool water, and pat dry.
- ☐ Sterilize two pint size wide mouth jars in simmering water for 5 minutes.
- ☐ In a saucepan over medium heat, combine the vinegar, sugar, 1 teaspoon of salt, mustard seed, dill seed and onion rings. Bring to a boil, and boil for one minute.
- ☐ Pack the asparagus spears, tips up, in the hot jars leaving 1/2 of space from the rim. Tuck one dill sprig into each jar, and sprinkle in 1/4 teaspoon of red pepper flakes.
- ☐ Pour hot pickling liquid into the jars, filling to within 1/4 inch of the rim. Wipe rims with a clean damp cloth, and seal with lids. Process in a boiling water bath for 10 minutes.
- ☐ Cool to room temperature. Check seals when cool by pressing the center of the lid. It should not move. Label and date; store in a cool dark place. If any jars have not sealed properly, refrigerate and eat within two weeks.

Nutrition Facts



Properties

Glycemic Index:119.55, Glycemic Load:49.13, Inflammation Score:-9, Nutrition Score:22.021739171899%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 16.52mg, Isorhamnetin: 16.52mg, Isorhamnetin: 16.52mg, Isorhamnetin: 16.52mg Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 44.83mg, Quercetin: 44.83mg, Quercetin: 44.83mg

Nutrients (% of daily need)

Calories: 377.93kcal (18.9%), Fat: 1.34g (2.06%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 82.35g (27.45%), Net Carbohydrates: 75.84g (27.58%), Sugar: 73.63g (81.81%), Cholesterol: 0mg (0%), Sodium: 1222.72mg (53.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Vitamin K: 100.32µg (95.54%), Vitamin A: 1844.14IU (36.88%), Folate: 138.43µg (34.61%), Copper: 0.67mg (33.43%), Manganese: 0.64mg (32.16%), Iron: 5.78mg (32.11%), Fiber: 6.51g (26.05%), Vitamin B1: 0.39mg (25.88%), Vitamin C: 19.91mg (24.14%), Vitamin B2: 0.38mg (22.12%), Vitamin E: 2.81mg (18.72%), Potassium: 606.17mg (17.32%), Phosphorus: 166.7mg (16.67%), Magnesium: 60.7mg (15.17%), Selenium: 10.58µg (15.11%), Vitamin B6: 0.3mg (15.05%), Calcium: 141.24mg (14.12%), Vitamin B3: 2.54mg (12.72%), Zinc: 1.69mg (11.29%), Vitamin B5: 0.74mg (7.41%)