



Mommy's Watermelon Rind Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



1050 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons cracked allspice
- ☐ 0.5 cup balsamic vinegar
- ☐ 1.8 cups cider vinegar
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 optional: lemon thinly sliced
- ☐ 0.5 cup salt
- ☐ 2 cups sugar
- ☐ 2.5 quarts water divided

☐ 1 large watermelon quartered

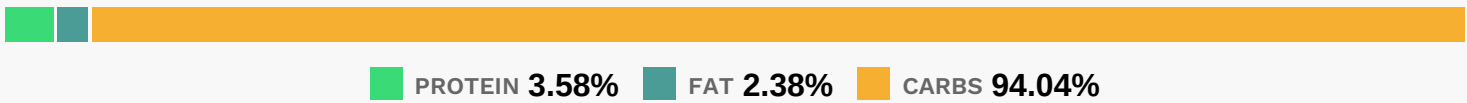
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Cut pulp from watermelon rind, leaving a small amount of red pulp on rind. Reserve pulp for another use.
- ☐ Cut rind into 1-inch cubes, and place in a large bowl.
- ☐ Stir together salt and 2 quarts water.
- ☐ Pour over rind. Cover and chill 8 hours.
- ☐ Drain; rinse well.
- ☐ Combine rind with water to cover in a Dutch oven. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes or until tender.
- ☐ Drain.
- ☐ Combine remaining 2 cups water, vinegars, and next 5 ingredients in Dutch oven or very large saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 20 to 25 minutes or until mixture becomes a thin syrup.
- ☐ Add rind, and simmer 5 to 6 minutes or until rind becomes translucent.
- ☐ Pack hot rind mixture into hot jars, distributing lemon and spices evenly and 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 20 minutes.

Nutrition Facts



Properties

Glycemic Index:93.42, Glycemic Load:178.03, Inflammation Score:-10, Nutrition Score:30.271304317143%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 7.58mg, Luteolin: 7.58mg, Luteolin: 7.58mg, Luteolin: 7.58mg Kaempferol: 6.76mg, Kaempferol: 6.76mg, Kaempferol: 6.76mg, Kaempferol: 6.76mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1049.72kcal (52.49%), Fat: 2.93g (4.51%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 260.78g (86.93%), Net Carbohydrates: 252.25g (91.73%), Sugar: 233.93g (259.92%), Cholesterol: 0mg (0%), Sodium: 18936.72mg (823.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Vitamin A: 8557IU (171.14%), Vitamin C: 141.19mg (171.14%), Manganese: 1.48mg (74.22%), Potassium: 1909.59mg (54.56%), Magnesium: 176.52mg (44.13%), Copper: 0.83mg (41.55%), Vitamin B6: 0.71mg (35.51%), Fiber: 8.53g (34.14%), Vitamin B1: 0.51mg (34.08%), Vitamin B5: 3.39mg (33.92%), Iron: 4.92mg (27.31%), Vitamin B2: 0.35mg (20.55%), Calcium: 204.46mg (20.45%), Phosphorus: 192.99mg (19.3%), Vitamin B3: 2.78mg (13.88%), Folate: 49.58µg (12.4%), Zinc: 1.81mg (12.06%), Selenium: 7.24µg (10.34%), Vitamin E: 0.86mg (5.72%), Vitamin K: 2.23µg (2.12%)