



Mustard pickle

 Vegetarian

READY IN



50 min.

SERVINGS



20

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 225 g salt
- ☐ 450 g onion quartered (if shallots)
- ☐ 225 g cherry tomatoes
- ☐ 450 g cauliflower florets
- ☐ 450 g cucumber diced deseeded
- ☐ 1 tbsp caper
- ☐ 125 g butter
- ☐ 25 g flour plain

- ☐ 500 ml malt vinegar
- ☐ 100 g sugar
- ☐ 1 tbsp turmeric
- ☐ 2.5 tsp ground mustard

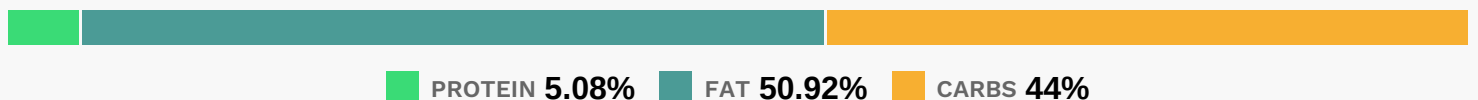
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Dissolve the salt in about 4 litres of water.
- ☐ Put the onions or quartered shallots, tomatoes and cauliflower in a large bowl and cover with the salted water. Cover with cling film and keep in the fridge or a cool place for 24 hrs.
- ☐ Drain the vegetables in a colander and tip them into a large preserving pan or flameproof dish.
- ☐ Add the cucumber and capers, and cover with 2 litres of fresh water. Bring to the boil and cook for 10 mins.
- ☐ Drain the vegetables and tip into a large bowl.
- ☐ Melt the butter in a saucepan, then add the flour and stir well to make a roux. Slowly add the vinegar, stirring all the time, and cook for a few mins until thickened.
- ☐ Add the sugar, turmeric and mustard powder, and season with black pepper.
- ☐ Pour over the vegetables and stir to combine. Pack the vegetables into sterilised jars (see tip below) and seal.
- ☐ Leave in the fridge for at least 5 days before eating, so that the vegetables can absorb all the mustardy flavours. Will keep in the fridge for 6 weeks.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:4.92, Inflammation Score:-9, Nutrition Score:3.8073912884878%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 95.39kcal (4.77%), Fat: 5.36g (8.24%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 9.2g (3.35%), Sugar: 7.01g (7.79%), Cholesterol: 13.44mg (4.48%), Sodium: 4422.48mg (192.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin C: 15.92mg (19.3%), Manganese: 0.16mg (8%), Folate: 24.82µg (6.21%), Vitamin K: 6.12µg (5.83%), Fiber: 1.22g (4.87%), Potassium: 170.23mg (4.86%), Vitamin B6: 0.1mg (4.84%), Vitamin A: 228.52IU (4.57%), Phosphorus: 31.25mg (3.13%), Iron: 0.55mg (3.03%), Vitamin B1: 0.05mg (3.02%), Magnesium: 11.84mg (2.96%), Copper: 0.05mg (2.72%), Vitamin B5: 0.26mg (2.61%), Vitamin B2: 0.04mg (2.29%), Calcium: 22.03mg (2.2%), Selenium: 1.53µg (2.18%), Vitamin E: 0.26mg (1.77%), Vitamin B3: 0.32mg (1.58%), Zinc: 0.21mg (1.42%)