



Mustard Pickles



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon celery seed
- ☐ 8 large cucumbers sliced
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon ground turmeric dried
- ☐ 1 tablespoon ground mustard dry
- ☐ 4 cups onion sliced
- ☐ 2 tablespoons pickling salt
- ☐ 2 quarts water cold or as needed

- ☐ 2 cups sugar white
- ☐ 2 cups vinegar white

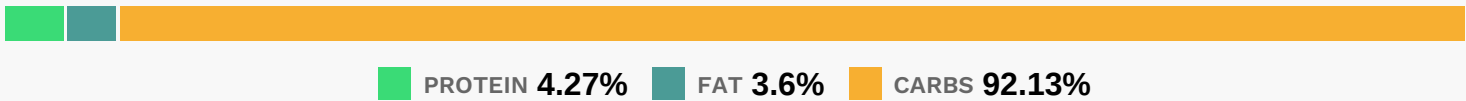
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Place the sliced cucumbers and onions into a large bowl and sprinkle the salt over the top. Fill the bowl with enough water to cover the cucumbers.
- ☐ Let stand for 8 to 10 hours.
- ☐ Drain and rinse the cucumbers and onion with fresh water. Sterilize 4 (1 quart) jars and lids.
- ☐ In a 6 quart pot, stir together the sugar and flour.
- ☐ Whisk in the vinegar, turmeric, mustard powder and celery seed to make a smooth paste.
- ☐ Add the cucumbers and onions and fill with enough water to cover. Stir, and bring to a boil. Cook until thickened, about 10 minutes, stirring frequently.
- ☐ Pour into hot sterilized jars filling to within 1/2 inch of the top. Seal with lids and rings. Process for 10 minutes in a simmering water bath. Refrigerate any jars that fail to seal properly.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:38.24, Inflammation Score:-10, Nutrition Score:9.2904348114262%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 284.43kcal (14.22%), Fat: 1.14g (1.76%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 65.64g (21.88%), Net Carbohydrates: 61.97g (22.53%), Sugar: 57.27g (63.64%), Cholesterol: 0mg (0%), Sodium: 1767.2mg (76.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Manganese: 0.46mg (23.07%), Vitamin K: 20.65µg (19.67%), Vitamin C: 15.19mg (18.41%), Potassium: 532.54mg (15.22%), Folate: 59.6µg (14.9%), Fiber: 3.68g (14.71%), Copper: 0.29mg (14.59%), Vitamin B6: 0.26mg (13%), Magnesium: 50.54mg (12.63%), Vitamin B1: 0.15mg (9.81%), Phosphorus: 96.85mg (9.68%), Iron: 1.43mg (7.94%), Vitamin B5: 0.79mg (7.86%), Calcium: 76.52mg (7.65%), Vitamin B2: 0.12mg (6.77%), Selenium: 3.81µg (5.45%), Zinc: 0.76mg (5.1%), Vitamin A: 203.54IU (4.07%), Vitamin B3: 0.4mg (1.99%), Vitamin E: 0.17mg (1.16%)