



My Pickled Little Smokies

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



2

CALORIES



1269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pickling spice to taste
- 20 peppercorns whole black
- 1 teaspoon celery seeds
- 1 teaspoon dill seeds
- 1 clove garlic minced to taste
- 1 teaspoon mustard seeds whole
- 1 small onion sliced
- 1 teaspoon pickling salt

- 28 ounce little sausages smoked
- 0.5 cup water
- 1.5 cups distilled vinegar white

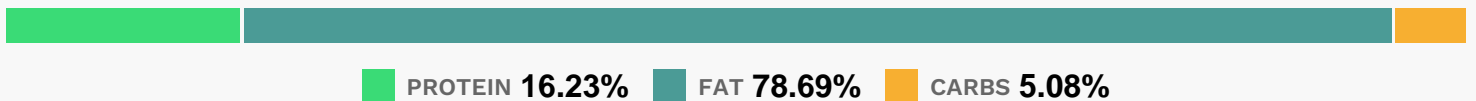
Equipment

- sauce pan
- canning jar

Directions

- Place the sausages into a saucepan, cover with water, and bring to a boil. Reduce heat to medium-low and simmer for 20 minutes, poking sausages with a sharp fork to release fat.
- Drain and rinse the sausages.
- Place the sausages into a 1-quart glass canning jar.
- Pour white vinegar and water into a saucepan, and stir in the pickling salt, pickling spice, mustard seeds, celery seeds, dill seeds, onion slices, garlic, black peppercorns, and banana pepper rings.
- Bring to a boil over medium heat and cook for 5 minutes, stirring often.
- Pour the vinegar mixture over the sausages in the jar; cap the jar, and refrigerate at least 3 days before serving.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:32.098695723907%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 7.63mg, Luteolin: 7.63mg, Luteolin: 7.63mg, Luteolin: 7.63mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 1269.09kcal (63.45%), Fat: 106.54g (163.91%), Saturated Fat: 36.67g (229.18%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 13g (4.73%), Sugar: 1.79g (1.99%), Cholesterol: 281.79mg (93.93%), Sodium: 4539.65mg (197.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.45g (98.9%), Vitamin B12: 5.99µg (99.88%), Selenium: 56.87µg (81.24%), Vitamin B1: 1.08mg (71.76%), Vitamin B3: 13.12mg (65.58%), Zinc: 8.77mg (58.48%), Phosphorus: 470.8mg (47.08%), Vitamin B2: 0.71mg (41.79%), Vitamin B6: 0.78mg (39.07%), Manganese: 0.71mg (35.37%), Iron: 5.9mg (32.77%), Vitamin D: 4.37µg (29.11%), Potassium: 893.17mg (25.52%), Magnesium: 75.04mg (18.76%), Vitamin B5: 1.85mg (18.47%), Copper: 0.34mg (16.93%), Vitamin K: 17.2µg (16.39%), Calcium: 133.88mg (13.39%), Fiber: 2.45g (9.8%), Folate: 31.22µg (7.8%), Vitamin C: 3.61mg (4.38%), Vitamin E: 0.56mg (3.7%)