



Piccalilli



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds cauliflower
- ☐ 2 pounds cucumber diced peeled
- ☐ 1.5 ounces flour all-purpose
- ☐ 1.5 teaspoons ground ginger
- ☐ 2 tablespoons ground turmeric
- ☐ 3 teaspoons ground mustard
- ☐ 2 pounds pearl onions halved
- ☐ 1 pound salt

- ☐ 1 gallon water
- ☐ 6 cups distilled vinegar white
- ☐ 9 ounces sugar white

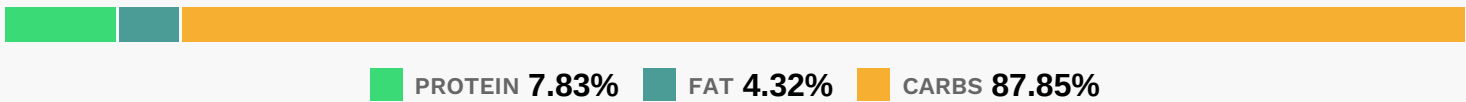
Equipment

- ☐ frying pan
- ☐ pot
- ☐ canning jar

Directions

- ☐ Dissolve the salt in the water, and add the cucumber, onions and cauliflower. Cover and leave for 24 hours.
- ☐ Drain the vegetables.
- ☐ In a large pan, blend the sugar, mustard and ginger with 5 cups of vinegar. Stir in salt and vegetable mixture, bring to the boil, and simmer for 20 minutes.
- ☐ Blend the flour and turmeric with the remaining 1 cup of vinegar and stir into the cooked vegetables. Bring to the boil and cook for 1 to 2 minutes.
- ☐ Pour into sterilized canning jars.
- ☐ In a large stock pot, pour water half way to top with boiling water. Using a holder, carefully lower jars into pot. Leave a 2-inch space between jars.
- ☐ Add more boiling water to cover them, about 2 inches above the tops. Bring to a boil and cover, processing for 15 minutes.
- ☐ Remove jars from pot. Put jars on a wood or cloth surface, several inches apart and allow to cool. Jars will be sealed.

Nutrition Facts



Properties

Glycemic Index:15.23, Glycemic Load:12.86, Inflammation Score:-10, Nutrition Score:7.1752174315245%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg

Nutrients (% of daily need)

Calories: 122.28kcal (6.11%), Fat: 0.55g (0.84%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 22.46g (8.17%), Sugar: 18.04g (20.04%), Cholesterol: 0mg (0%), Sodium: 9797.78mg (425.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Vitamin C: 29.86mg (36.2%), Manganese: 0.39mg (19.66%), Folate: 50.55µg (12.64%), Vitamin K: 11.77µg (11.21%), Fiber: 2.51g (10.04%), Vitamin B6: 0.2mg (9.82%), Potassium: 323.65mg (9.25%), Copper: 0.13mg (6.67%), Magnesium: 25.46mg (6.37%), Phosphorus: 58.45mg (5.85%), Iron: 1.04mg (5.78%), Vitamin B1: 0.09mg (5.77%), Vitamin B5: 0.53mg (5.33%), Calcium: 50.19mg (5.02%), Vitamin B2: 0.07mg (4.34%), Selenium: 2.76µg (3.95%), Zinc: 0.44mg (2.94%), Vitamin B3: 0.54mg (2.72%)