



Pickled Baby Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 1 tablespoon peppercorns black
- ☐ 6 sprigs optional: dill fresh divided
- ☐ 6 garlic clove smashed
- ☐ 1 tablespoon kosher salt
- ☐ 1 pound baby squash
- ☐ 1 teaspoon sugar

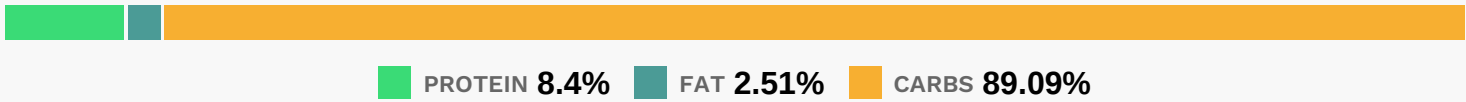
Equipment

☐ sauce pan

Directions

- ☐ Thinly slice squash into coins.
- ☐ Place squash,3 dill sprigs, and garlic in a 1–quart jar. Bringvinegar, peppercorns, salt, sugar, remaining3 dill sprigs, and 1 cup water to a boil ina small saucepan, stirring to dissolve saltand sugar.
- ☐ Pour into jar with squash mixture.Cover, let cool slightly, and chill.
- ☐ Servewithin 2 weeks.
- ☐ calories 3 fat 0 g carbs 1 g
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:93.55, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:21.52173898531%

Flavonoids

Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 161.07kcal (8.05%), Fat: 0.45g (0.69%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 29.83g (10.85%), Sugar: 7.59g (8.43%), Cholesterol: 0mg (0%), Sodium: 3506.18mg (152.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin A: 24182.9IU (483.66%), Manganese: 1.56mg (78.02%), Vitamin C: 50.95mg (61.75%), Potassium: 993.29mg (28.38%), Fiber: 6g (24.01%), Vitamin B6: 0.48mg (23.83%), Magnesium: 94.31mg (23.58%), Vitamin E: 3.33mg (22.17%), Vitamin B1: 0.25mg (16.7%), Calcium: 159.1mg (15.91%), Folate: 63.26µg (15.81%), Vitamin B3: 2.85mg (14.26%), Iron: 2.54mg (14.09%), Copper: 0.27mg (13.5%), Phosphorus: 106.47mg (10.65%), Vitamin B5: 1.03mg (10.33%), Vitamin K: 10.83µg (10.32%), Selenium: 2.8µg (4%), Vitamin B2: 0.07mg (3.91%), Zinc: 0.57mg (3.78%)