



Pickled Butternut Squash with Sage and Cardamom



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



395 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup apple juice
- ☐ 0.7 cup brown sugar
- ☐ 1.7 cups cider vinegar
- ☐ 1.5 tablespoons kosher
- ☐ 3 pound pumpkin peeled seeded cut into 3/4-inch cubes (5 cups)
- ☐ 8 sage leaves whole
- ☐ 1 teaspoon cardamom seeds lightly crushed (without pods)

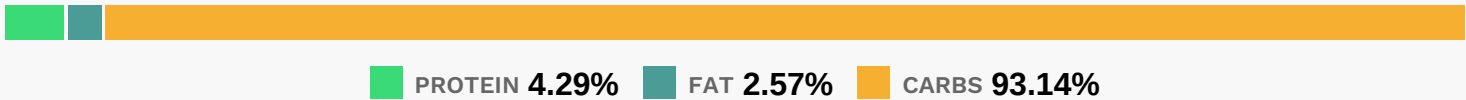
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a non-reactive bowl, combine the squash and salt, toss to coat, and allow to stand at room temperature for about 4 hours.
- ☐ Drain, rinse well, and squeeze out extra moisture by the handfuls.
- ☐ In a medium non-reactive pot, combine all remaining ingredients and bring to a boil over medium-high heat, stirring once or twice to dissolve the brown sugar.
- ☐ Add the squash, bring back just to a simmer, then remove from the heat and allow to cool to room temperature, uncovered.
- ☐ When the mixture has cooled to room temperature, cover and refrigerate.
- ☐ The squash will be tasty in about 2 hours, but will improve in flavor if allowed to sit overnight. This pickle will keep, covered and refrigerated, for about 2 months.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:24.7213042508%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 342.23kcal (17.11%), Fat: 1.01g (1.55%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 82.04g (27.35%), Net Carbohydrates: 75.03g (27.28%), Sugar: 47.94g (53.27%), Cholesterol: 0mg (0%), Sodium: 2646.88mg (115.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin A: 36163.12IU (723.26%), Vitamin C: 71.86mg (87.1%), Manganese: 1.01mg (50.39%), Potassium: 1366.8mg (39.05%), Vitamin E: 4.9mg (32.69%), Magnesium: 126.48mg (31.62%), Fiber: 7.02g (28.08%), Vitamin B6: 0.55mg (27.37%), Copper: 0.52mg (26.19%),

Vitamin B1: 0.35mg (23.35%), Folate: 92.22µg (23.05%), Vitamin B3: 4.16mg (20.78%), Calcium: 206.57mg (20.66%), Iron: 2.93mg (16.27%), Vitamin B5: 1.43mg (14.32%), Phosphorus: 124.98mg (12.5%), Vitamin B2: 0.08mg (4.47%), Zinc: 0.58mg (3.86%), Vitamin K: 3.74µg (3.56%), Selenium: 2.29µg (3.28%)