



Pickled Celery

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups celery diced finely
- 0.5 teaspoon celery seeds
- 3 tablespoons cider white
- 1 large garlic clove
- 0.5 teaspoon mustard seeds
- 1 tablespoon salt
- 0.3 cup sugar
- 2 thyme sprigs

0.5 teaspoon allspice whole

Equipment

sauce pan

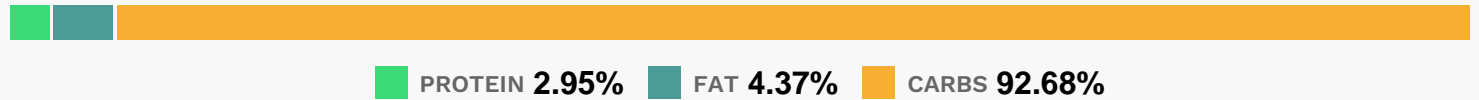
Directions

Bring to a boil 1 2/3 cups water and all the ingredients except celery in a small saucepan.

Remove from heat and stir in celery.

Let cool, then chill overnight.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:3.2, Inflammation Score:-2, Nutrition Score:0.7886956502562%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 22.1kcal (1.11%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.84g (1.76%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 476.42mg (20.71%), Alcohol: 0.19g (100%), Alcohol %: 1.07% (100%), Protein: 0.16g (0.33%), Vitamin K: 3.95µg (3.77%), Manganese: 0.03mg (1.66%), Vitamin A: 67.77IU (1.36%), Folate: 5.17µg (1.29%), Potassium: 42.84mg (1.22%), Fiber: 0.29g (1.18%)