

## Pickled Cherries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



454 kcal

SIDE DISH

### Ingredients

- ☐ 2 teaspoon peppercorns whole black
- ☐ 0.8 pound cherries unpitted fresh with stems, preferably
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.5 cup red wine vinegar
- ☐ 0.5 cup water

### Equipment

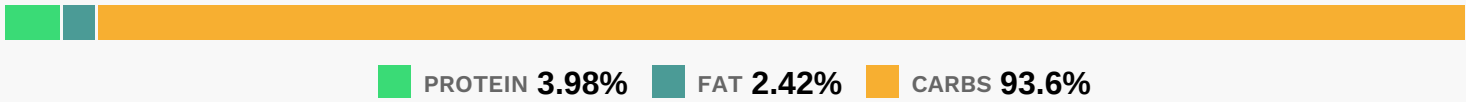
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ canning jar

## Directions

- ☐ Bring the vinegar, water, sugar, peppercorns, cardamom, and red pepper flakes to a boil in a medium stainless-steel saucepan, stirring to dissolve sugar. Reduce heat to medium; simmer 5 minutes. Using a fine-mesh sieve, strain into a medium bowl; return liquid to pan.
- ☐ Add cherries to the saucepan. Simmer until cherries are tender, 3–5 minutes.
- ☐ Transfer cherries and to a pint-sized mason jar.
- ☐ Pour in enough pickling liquid to cover cherries. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:124.09, Glycemic Load:46.4, Inflammation Score:-7, Nutrition Score:13.875652256219%

## Flavonoids

Cyanidin: 102.77mg, Cyanidin: 102.77mg, Cyanidin: 102.77mg, Cyanidin: 102.77mg Pelargonidin: 0.92mg, Pelargonidin: 0.92mg, Pelargonidin: 0.92mg, Pelargonidin: 0.92mg Peonidin: 5.1mg, Peonidin: 5.1mg, Peonidin: 5.1mg, Peonidin: 5.1mg Catechin: 14.83mg, Catechin: 14.83mg, Catechin: 14.83mg, Catechin: 14.83mg Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg Epicatechin: 17.01mg, Epicatechin: 17.01mg, Epicatechin: 17.01mg, Epicatechin: 17.01mg Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

## Nutrients (% of daily need)

Calories: 454.44kcal (22.72%), Fat: 1.27g (1.95%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 110.68g (36.89%), Net Carbohydrates: 100.96g (36.71%), Sugar: 93.57g (103.97%), Cholesterol: 0mg (0%), Sodium: 34.13mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Manganese: 1.43mg (71.72%), Fiber: 9.72g (38.87%), Vitamin C: 24.42mg (29.6%), Potassium: 939.29mg (26.84%), Vitamin K: 22.61µg (21.53%), Copper: 0.37mg

(18.28%), Iron: 2.81mg (15.64%), Magnesium: 59.92mg (14.98%), Vitamin A: 562.36IU (11.25%), Vitamin B6: 0.21mg (10.66%), Phosphorus: 97.9mg (9.79%), Calcium: 97.73mg (9.77%), Vitamin B2: 0.15mg (8.65%), Vitamin B5: 0.81mg (8.09%), Vitamin B1: 0.1mg (6.92%), Vitamin E: 0.71mg (4.74%), Folate: 15.38µg (3.85%), Vitamin B3: 0.74mg (3.7%), Zinc: 0.44mg (2.92%), Selenium: 0.94µg (1.34%)