



Pickled Chipotle Asparagus



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 2.5 tablespoons pickling spice
- ☐ 8 pounds asparagus
- ☐ 2 pounds baby-cut carrots
- ☐ 6 chipotle sauce dried
- ☐ 12 cloves garlic peeled
- ☐ 5 tablespoons salt
- ☐ 3.5 cups distilled vinegar white
- ☐ 1.3 cups citrus champagne vinegar

- ☐ 12 servings canning instructions
- ☐ 12 servings canning instructions

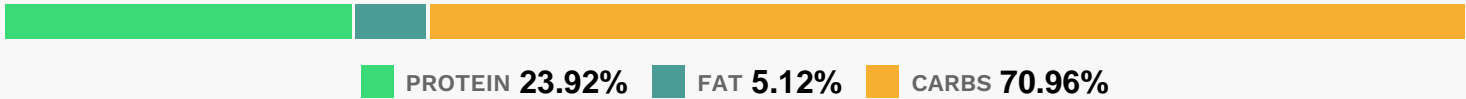
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a 3- to 4-quart pan over high heat, bring 7 1/4 cups water, distilled vinegar, wine vinegar, salt, and pickling spice to a boil. Reduce heat, cover, and simmer, stirring occasionally, for 15 minutes.
- ☐ Follow steps 1 through 4 of Canning Instructions, using six quart-size jars.
- ☐ Snap off and discard tough ends from asparagus.
- ☐ In an 8- to 10-quart pan over high heat, bring 4 quarts water to a boil.
- ☐ Add half the asparagus and cook until tender-crisp to bite, about 2 minutes. With a slotted spoon, transfer to a large bowl of ice water. Repeat to cook remaining asparagus and transfer to ice water.
- ☐ Add half the carrots to pan and cook until tender-crisp to bite, about 3 minutes; transfer to ice water. Repeat to cook remaining carrots and transfer to ice water.
- ☐ Drain vegetables. Trim asparagus to 6-inch spears, reserving ends.
- ☐ Place 2 cloves garlic and 1 chile in each jar. Into five jars, equally pack asparagus spears and about 3/4 of the carrots vertically without forcing. Pack asparagus trimmings and remaining carrots into remaining jar.
- ☐ Follow steps 5 through 11 of Canning Instructions, leaving 1/2 inch of headspace when you pour hot vinegar mixture over vegetables in each jar. Bring water in canner to 180-185 and process for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:29.312608718872%

Flavonoids

Isorhamnetin: 17.24mg, Isorhamnetin: 17.24mg, Isorhamnetin: 17.24mg, Isorhamnetin: 17.24mg Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 42.33mg, Quercetin: 42.33mg, Quercetin: 42.33mg, Quercetin: 42.33mg

Nutrients (% of daily need)

Calories: 129.2kcal (6.46%), Fat: 0.76g (1.17%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 23.63g (7.88%), Net Carbohydrates: 12.71g (4.62%), Sugar: 10.92g (12.13%), Cholesterol: 0mg (0%), Sodium: 2979.63mg (129.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Vitamin A: 12763.84IU (255.28%), Vitamin K: 152.11µg (144.86%), Iron: 8.49mg (47.15%), Folate: 185.05µg (46.26%), Fiber: 10.91g (43.66%), Manganese: 0.86mg (42.78%), Copper: 0.68mg (34.24%), Vitamin B1: 0.47mg (31.1%), Vitamin B2: 0.47mg (27.83%), Vitamin E: 3.98mg (26.55%), Potassium: 852.65mg (24.36%), Vitamin C: 20.03mg (24.28%), Vitamin B6: 0.42mg (21.2%), Phosphorus: 192.53mg (19.25%), Vitamin B3: 3.54mg (17.71%), Calcium: 159.15mg (15.91%), Magnesium: 60.78mg (15.19%), Zinc: 1.9mg (12.68%), Selenium: 8.58µg (12.26%), Vitamin B5: 1.18mg (11.78%)