



Pickled Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



46 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon peppercorns whole black
- ☐ 6 ears corn husked
- ☐ 10 garlic clove
- ☐ 5.5 tablespoons kosher salt plus more
- ☐ 2 to 5 chilies red seeded thin (such as jalapeño or Fresno)

Equipment

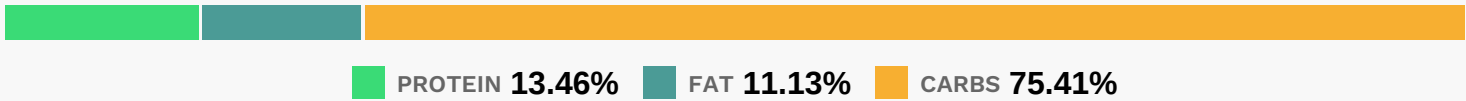
- ☐ bowl
- ☐ pot

☐ slotted spoon

Directions

- ☐ Cook corn in a large pot of lightly salted boiling water until crisp-tender, about 4 minutes. Using a slotted spoon, transfer to a bowl of ice water.
- ☐ Let cool; drain.
- ☐ Layer corn, garlic, chiles, and pepper corns in a 4-quart glass or ceramic jar.
- ☐ Stir 5 1/2 tablespoons salt and 2 quarts water in a large bowl until salt is dissolved.
- ☐ Pour over corn mixture.
- ☐ Place several plates or small bowls over vegetables to keep them submerged by at least 2". Cover jar with plastic wrap or a lid and let stand in a dark, cool place such as a cellar, closet, or pantry at room temperature (68°F–70°F is ideal) for 4 days to pickle; taste corn. Want more pucker?
- ☐ Let it sit for 1–2 more days, then serve or refrigerate for up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index: 8.92, Glycemic Load: 0.52, Inflammation Score: -3, Nutrition Score: 3.7486956249113%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 46.35kcal (2.32%), Fat: 0.67g (1.02%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 8.98g (3.27%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 3205.46mg (139.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin C: 14.62mg (17.72%), Manganese: 0.18mg (9.21%), Vitamin B6: 0.11mg (5.59%), Vitamin B1: 0.08mg (5.37%), Folate: 20.76µg (5.19%), Magnesium: 19.71mg (4.93%), Phosphorus: 47.68mg (4.77%), Fiber: 1.16g (4.63%), Potassium: 161.21mg (4.61%), Vitamin B3: 0.91mg (4.56%), Vitamin B5: 0.36mg (3.58%), Vitamin A: 157.78IU (3.16%), Copper: 0.05mg (2.44%), Iron: 0.42mg (2.31%), Vitamin B2: 0.03mg (2.04%), Zinc: 0.27mg (1.79%), Vitamin K: 1.83µg (1.74%), Calcium: 10.08mg (1.01%)