



Pickled Corn and Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



446 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups apple cider vinegar
- ☐ 2 bay leaves
- ☐ 1 stalk celery peeled cut into thirds
- ☐ 2 ears of corn
- ☐ 0.5 bell pepper green cut into 1/2-inch strips
- ☐ 2 servings kosher salt
- ☐ 0.5 orange bell pepper red cut into 1/2-inch strips
- ☐ 2 small jalapeño peppers red thinly sliced

- ☐ 0.7 cup sugar
- ☐ 2 tablespoons mustard seeds yellow

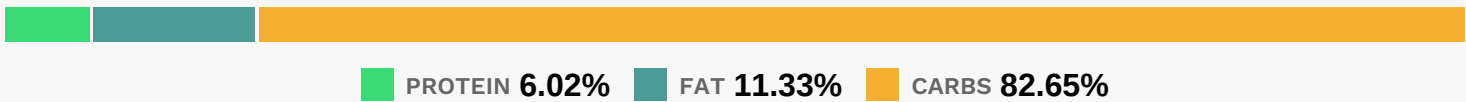
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander
- ☐ serrated knife

Directions

- ☐ Combine the vinegar, sugar, mustard seeds, 2 teaspoons salt and the bay leaves in a medium saucepan. Bring to a simmer over medium heat; cook, stirring to dissolve the sugar, about 5 minutes.
- ☐ Remove from the heat and let cool completely.
- ☐ Meanwhile, bring a large pot of water to a boil.
- ☐ Cut the corn crosswise into 1-to-2-inch pieces with a serrated knife.
- ☐ Add to the boiling water and cook until crisp-tender, about 5 minutes; transfer to a colander using a slotted spoon and rinse under cold water until cool.
- ☐ Add the bell pepper and celery to the boiling water and cook 2 minutes; drain and rinse under cold water until cool.
- ☐ Pack the vegetables and jalapenos into a 1-quart jar, then pour in the brine. Cover and refrigerate overnight or up to 1 week.
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:114.55, Glycemic Load:48.14, Inflammation Score:-9, Nutrition Score:19.126521711764%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 445.8kcal (22.29%), Fat: 5.66g (8.71%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 92.88g (30.96%), Net Carbohydrates: 88.05g (32.02%), Sugar: 76.53g (85.03%), Cholesterol: 0mg (0%), Sodium: 236.72mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin C: 89.68mg (108.71%), Manganese: 0.94mg (47.02%), Selenium: 24.17µg (34.53%), Vitamin A: 1442.52IU (28.85%), Magnesium: 94.06mg (23.51%), Phosphorus: 208.54mg (20.85%), Folate: 82.88µg (20.72%), Fiber: 4.83g (19.32%), Potassium: 654.31mg (18.69%), Vitamin B6: 0.37mg (18.4%), Vitamin B1: 0.28mg (18.36%), Vitamin B3: 2.79mg (13.94%), Iron: 2.29mg (12.73%), Vitamin K: 12.34µg (11.76%), Copper: 0.19mg (9.36%), Vitamin B5: 0.94mg (9.35%), Vitamin E: 1.35mg (9.01%), Zinc: 1.33mg (8.89%), Vitamin B2: 0.15mg (8.73%), Calcium: 58.85mg (5.89%)