

Pickled Cranberries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



1440 min.

SERVINGS



3

CALORIES



938 kcal

SIDE DISH

Ingredients

- 1 teaspoon allspice
- 3 cups apple cider vinegar
- 0.5 teaspoon peppercorns black
- 2 cinnamon sticks
- 24 ounce cranberries
- 3 cups granulated sugar white
- 0.3 teaspoon juniper berries

Equipment

- sauce pan
- ladle
- pot
- kitchen towels
- slotted spoon
- cheesecloth

Directions

- Prepare a boiling water bath and three pint jars.
- Place lids in a small saucepan of water and bring to a gentle simmer.
- Wash cranberries and pick over for any stems or bad berries.
- Combine vinegar and sugar in a medium saucepan and bring to a boil.
- Add cinnamon sticks to the brine.
- Place allspice berries, whole cloves, black peppercorns and juniper berries in a spice bag or tie them up in a length of cheesecloth.
- Add them to the brine.
- Once brine is boiling vigorously, add the cranberries. Stir to combine and cook for 5–7 minutes, until the cranberries begin to pop and the brine has returned to a rolling boil.
- When cooking time has elapsed, remove pot from heat. Pull out the spice bag and cinnamon sticks. Break cinnamon sticks in half and set aside.
- Using a slotted spoon, ladle cranberries into prepared jars. Cover berries with brine*, leaving 1/2 inch headspace.
- Place a cinnamon stick segment into each jar.
- Wipe jar rims, apply lids and rings and process in a boiling water bath canner for 10 minutes.
- When time is up, remove jars from canner and place them on a folded kitchen towel to cool. When jars are cool enough to handle, remove rings and check seals. Any unsealed jars should be kept in the refrigerator.
- Let jars sit for at least 24 hours before eating to allow the flavors to settle.
- *Save any leftover brine. It's essentially a fruit shrub and is delicious mixed with sparkling water.

Nutrition Facts

■ PROTEIN 0.56% ■ FAT 1.14% ■ CARBS 98.3%

Properties

Glycemic Index:69.03, Glycemic Load:149.33, Inflammation Score:-6, Nutrition Score:12.652608503466%

Flavonoids

Cyanidin: 105.3mg, Cyanidin: 105.3mg, Cyanidin: 105.3mg, Cyanidin: 105.3mg Delphinidin: 17.4mg, Delphinidin: 17.4mg, Delphinidin: 17.4mg, Delphinidin: 17.4mg Malvidin: 1mg, Malvidin: 1mg, Malvidin: 1mg, Malvidin: 1mg Pelargonidin: 0.73mg, Pelargonidin: 0.73mg, Pelargonidin: 0.73mg, Pelargonidin: 0.73mg Peonidin: 111.49mg, Peonidin: 111.49mg, Peonidin: 111.49mg, Peonidin: 111.49mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg Epicatechin: 9.91mg, Epicatechin: 9.91mg, Epicatechin: 9.91mg, Epicatechin: 9.91mg Epigallocatechin 3-gallate: 2.2mg, Epigallocatechin 3-gallate: 2.2mg, Epigallocatechin 3-gallate: 2.2mg, Epigallocatechin 3-gallate: 2.2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 15.04mg, Myricetin: 15.04mg, Myricetin: 15.04mg, Myricetin: 15.04mg Quercetin: 33.66mg, Quercetin: 33.66mg, Quercetin: 33.66mg, Quercetin: 33.66mg

Nutrients (% of daily need)

Calories: 937.66kcal (46.88%), Fat: 1.2g (1.84%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 232.31g (77.44%), Net Carbohydrates: 222.37g (80.86%), Sugar: 210.3g (233.66%), Cholesterol: 0mg (0%), Sodium: 20.13mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Manganese: 1.97mg (98.45%), Fiber: 9.94g (39.78%), Vitamin C: 32.48mg (39.37%), Vitamin E: 3.06mg (20.37%), Vitamin K: 13.27µg (12.64%), Potassium: 396.86mg (11.34%), Copper: 0.19mg (9.34%), Iron: 1.48mg (8.23%), Magnesium: 30.43mg (7.61%), Calcium: 74.36mg (7.44%), Vitamin B6: 0.14mg (6.93%), Vitamin B5: 0.69mg (6.88%), Vitamin B2: 0.09mg (5.1%), Phosphorus: 48.58mg (4.86%), Vitamin A: 155.84IU (3.12%), Selenium: 1.82µg (2.6%), Zinc: 0.39mg (2.58%), Vitamin B1: 0.03mg (2.01%), Vitamin B3: 0.32mg (1.58%)