



Pickled Dilled Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



100

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 dill sprigs fresh
- ☐ 6 garlic cloves peeled
- ☐ 3 pounds beans fresh green yellow (5 to 6 inches long)
- ☐ 1.5 teaspoons pepper dried red crushed
- ☐ 0.7 cup canning-and-pickling salt
- ☐ 6 cups vinegar white 5% (acidity)

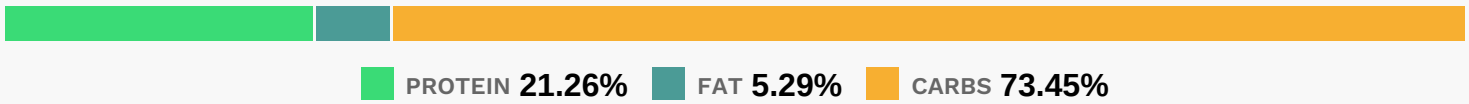
Equipment

- ☐ sauce pan

Directions

- ☐ Sterilize jars, and prepare lids.
- ☐ While jars are boiling, wash beans, trim stem ends, and cut into 4-inch lengths.
- ☐ Combine vinegar, salt, crushed red pepper, and 2 cups water in a 3-qt. stainless steel saucepan. Bring to a boil.
- ☐ Place 2 dill sprigs and 1 garlic clove in each hot jar. Pack whole beans tightly in jars. Cover with hot pickling liquid, leaving 1/2-inch headspace. Seal and process jars, processing 5 minutes.
- ☐ Remove jars from water, and let stand, undisturbed, at room temperature 24 hours. To check seals, remove the bands, and press down on the center of each lid. If the lid doesn't move, the jar is sealed. If the lid depresses and pops up again, the jar is not sealed. Store properly sealed jars in a cool, dark place up to 1 year. Refrigerate after opening.

Nutrition Facts



Properties

Glycemic Index:1.19, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:0.65217391895535%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 8.06kcal (0.4%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 756.21mg (32.88%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.31g (0.61%), Vitamin C: 3.02mg (3.66%), Folate: 13.8µg (3.45%)