



 **59%**
HEALTH SCORE

Pickled Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



995 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon celery seed
- 0.5 pound garlic peeled
- 0.5 teaspoon ground mustard dry
- 1 large bell pepper red chopped
- 2 cups distilled vinegar white
- 0.7 cup sugar white

Equipment

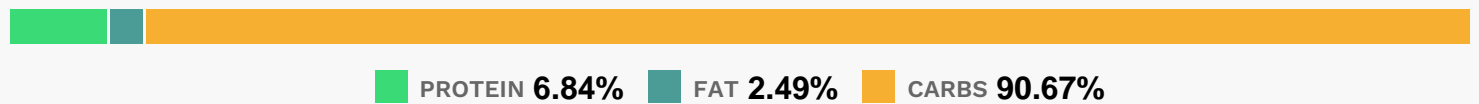
- bowl

sauce pan

Directions

- Place garlic cloves in a medium bowl, first cutting the large cloves in half.
- Mix in the red bell pepper.
- In a large saucepan over medium high heat, place the distilled white vinegar and white sugar. Wrap ground dry mustard and celery seed in a spice bag, and place in the liquid mixture. Bring to a boil. Boil 5 minutes. Stir in garlic and pepper. Continue boiling 5 minutes.
- Remove from heat and discard spice bag.
- Place garlic and peppers in sterile containers to within 1 inch of the top. Fill with remaining liquid to within 1/4 inch from the top. Seal and store in the refrigerator approximately three weeks before serving.

Nutrition Facts



Properties

Glycemic Index:182.09, Glycemic Load:116.34, Inflammation Score:-10, Nutrition Score:38.019564960314%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 8.62mg, Luteolin: 8.62mg, Luteolin: 8.62mg, Luteolin: 8.62mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 3.65mg, Myricetin: 3.65mg, Myricetin: 3.65mg, Myricetin: 3.65mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 994.7kcal (49.73%), Fat: 2.67g (4.1%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 218.66g (72.89%), Net Carbohydrates: 210.21g (76.44%), Sugar: 142.5g (158.33%), Cholesterol: 0mg (0%), Sodium: 58.38mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.98%), Vitamin C: 280.92mg (340.51%), Manganese: 4.36mg (218.08%), Vitamin B6: 3.3mg (165.12%), Vitamin A: 5156.08IU (103.12%), Selenium: 37.92µg (54.17%), Calcium: 474.24mg (47.42%), Phosphorus: 423.79mg (42.38%), Copper: 0.77mg (38.3%), Vitamin B1: 0.55mg (36.91%), Potassium: 1289.74mg (36.85%), Fiber: 8.45g (33.79%), Iron: 5.32mg (29.56%), Vitamin B2: 0.42mg (24.69%), Magnesium: 89.58mg (22.39%), Zinc: 3.24mg (21.57%), Folate: 83.96µg (20.99%), Vitamin E: 2.83mg (18.89%), Vitamin B5: 1.88mg (18.8%), Vitamin B3: 3.27mg (16.36%), Vitamin K: 11.95µg (11.38%)