



## Pickled Grapes with Citrus and Spice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



20

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 0.1 teaspoon fennel seeds
- ☐ 1.3 cups granulated sugar
- ☐ 2 strips lemon zest
- ☐ 1.5 teaspoons mustard seeds
- ☐ 2 strips orange zest
- ☐ 3 cups grapes red seedless

☐ 1.3 cups citrus champagne vinegar

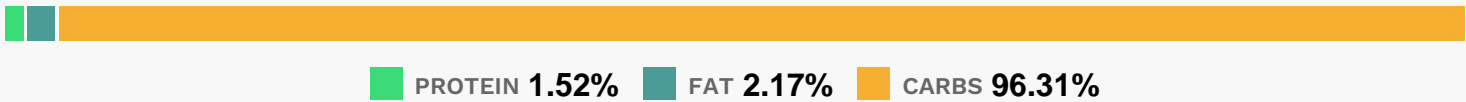
## Equipment

☐ sauce pan

## Directions

- ☐ Rinse grapes and set aside to dry.
- ☐ Combine white wine vinegar, granulated sugar, mustard seeds, peppercorns, fennel seeds, cinnamon sticks, lemon zest, and orange zest in medium saucepan. Bring to a simmer over medium-high heat, stirring occasionally. Simmer until sugar has dissolved, one to two minutes.
- ☐ Remove saucepan from heat and allow mixture to cool to room temperature, about one hour.
- ☐ Divide grapes between to clean pint jars.
- ☐ Add one cinnamon stick, one strip of lemon zest, and one strip of orange zest from brine mixture to each jar.
- ☐ Pour remaining brine mixture into jars over grapes, dividing it evenly.
- ☐ Seal jars and refrigerate overnight before serving. Pickled grapes will keep in refrigerator for up to one month.

## Nutrition Facts



## Properties

Glycemic Index:7.65, Glycemic Load:10.55, Inflammation Score:-1, Nutrition Score:1.1456521652315%

## Nutrients (% of daily need)

Calories: 69.34kcal (3.47%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 16.62g (6.05%), Sugar: 16.01g (17.79%), Cholesterol: 0mg (0%), Sodium: 1.9mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Manganese: 0.12mg (5.95%), Vitamin K: 3.79µg (3.61%), Fiber: 0.5g (2%), Copper: 0.04mg (1.85%), Potassium: 56.01mg (1.6%), Vitamin C: 1.1mg (1.33%), Iron: 0.23mg (1.28%), Vitamin B1: 0.02mg (1.2%), Vitamin B2: 0.02mg (1.15%), Vitamin B6: 0.02mg (1.1%)