



Pickled Grapes With Rosemary and Chiles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



10

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 3 garlic clove thinly sliced
- ☐ 1 lb grapes green seedless
- ☐ 2 tablespoons kosher salt
- ☐ 1 lb grapes red seedless
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 6 sprigs rosemary leaves fresh divided (4-inch-long)
- ☐ 2 teaspoons sugar
- ☐ 2 cups citrus champagne vinegar

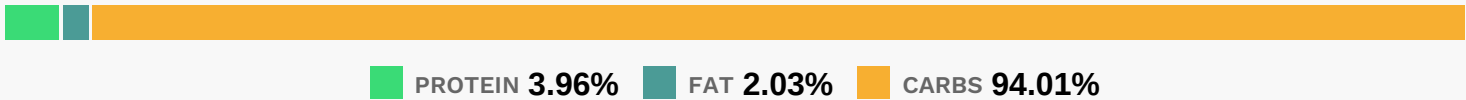
Equipment

- ☐ sauce pan
- ☐ canning jar

Directions

- ☐ Pack grapes into 4 (1-pt.) canning jars with lids.
- ☐ Add 1 rosemary sprig to each jar.
- ☐ Bring vinegar, next 4 ingredients, 1 cup water, and remaining 2 rosemary sprigs to a simmer in a medium saucepan.
- ☐ Remove from heat, and discard rosemary sprigs.
- ☐ Pour hot vinegar mixture over grapes. Cover loosely, and let cool to room temperature (about 30 minutes). Seal and chill 1 hour before serving. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:7.82, Inflammation Score:-1, Nutrition Score:2.8669564879459%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 76.46kcal (3.82%), Fat: 0.17g (0.26%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 16.83g (6.12%), Sugar: 14.88g (16.53%), Cholesterol: 0mg (0%), Sodium: 1402.74mg (60.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Vitamin K: 13.37µg (12.73%), Copper: 0.13mg (6.25%), Potassium: 198.18mg (5.66%), Manganese: 0.11mg (5.37%), Vitamin B6: 0.09mg (4.57%), Vitamin B1: 0.06mg (4.31%), Vitamin C: 3.44mg (4.17%), Vitamin B2: 0.07mg (3.86%), Fiber: 0.88g (3.51%), Iron: 0.59mg (3.28%), Phosphorus: 23.68mg (2.37%), Magnesium: 8.73mg (2.18%), Vitamin A: 91.36IU (1.83%), Calcium: 14.96mg (1.5%), Vitamin E: 0.21mg (1.41%)