



Pickled Herring

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 teaspoons peppercorns whole black
- ☐ 1 teaspoon caraway seeds
- ☐ 2 carrots cut in thin slices
- ☐ 2 handfuls optional: dill fresh
- ☐ 2 inch horseradish fresh cut in big slices
- ☐ 2 teaspoons ground allspice
- ☐ 3 to 4 herrings salted whole

- ☐ 2 cups milk
- ☐ 1 small onion red sliced in rings
- ☐ 1.5 cups water
- ☐ 2 teaspoons peppercorns whole white
- ☐ 1 cup sugar white
- ☐ 1 cup vinegar white
- ☐ 2 teaspoons mustard seeds yellow

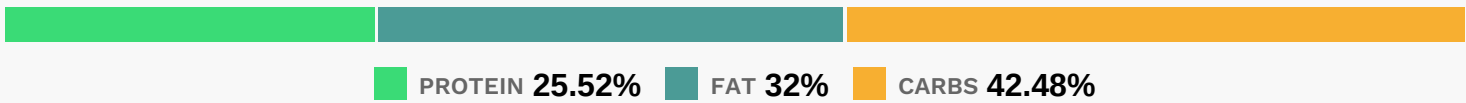
Equipment

- ☐ sauce pan
- ☐ canning jar

Directions

- ☐ Soak the herring in the milk for at least 12 hours or up to 24 to draw out a lot of the excess salt.
- ☐ Drain the herring, rinse, and pat dry.
- ☐ Cut off the fins and fillet the herring, leaving the skin on.
- ☐ Cut the fillets crosswise into 2-inch strips.
- ☐ In a saucepan, combine the water, sugar, vinegar, allspice, mustard seeds, caraway seeds, and peppercorns. Bring the mixture to a boil, stirring to dissolve the sugar.
- ☐ Remove from the heat and cool the pickling mixture completely.
- ☐ Arrange the herring fillets, onion, carrots, dill, bay leaves, and horseradish in a glass dish or funky Mason jar.
- ☐ Pour the cooled pickling mixture into the jar so that all the ingredients are completely covered with the liquid. Cover and refrigerate overnight or up to 2 days before serving.

Nutrition Facts



Properties

Glycemic Index:48.99, Glycemic Load:25.98, Inflammation Score:-10, Nutrition Score:24.829565483591%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 414.69kcal (20.73%), Fat: 14.63g (22.51%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 43.72g (14.57%), Net Carbohydrates: 41.63g (15.14%), Sugar: 39.02g (43.35%), Cholesterol: 84.76mg (28.25%), Sodium: 163.6mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.53%), Vitamin B12: 17.56µg (292.74%), Vitamin A: 3686.19IU (73.72%), Selenium: 49.96µg (71.37%), Vitamin D: 6.14µg (40.96%), Phosphorus: 407.67mg (40.77%), Vitamin B2: 0.44mg (25.69%), Vitamin B6: 0.49mg (24.54%), Vitamin B3: 4.44mg (22.18%), Manganese: 0.44mg (21.87%), Calcium: 208.06mg (20.81%), Potassium: 666.27mg (19.04%), Magnesium: 64.72mg (16.18%), Vitamin B1: 0.19mg (12.97%), Vitamin B5: 1.22mg (12.18%), Zinc: 1.79mg (11.94%), Iron: 2.11mg (11.73%), Vitamin E: 1.59mg (10.6%), Copper: 0.19mg (9.74%), Fiber: 2.09g (8.36%), Folate: 22.71µg (5.68%), Vitamin C: 4.48mg (5.43%), Vitamin K: 5.58µg (5.32%)