



Pickled Herring

 **Gluten Free**  **Dairy Free**

READY IN



1935 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 1 tablespoon peppercorns whole black
- 2 medium carrots peeled thinly sliced
- 1 teaspoon coriander seeds
- 2 large sprigs optional: dill fresh
- 0.8 cup granulated sugar
- 1 pound herring fillets salted skinless
- 0.3 cup juice of lemon freshly squeezed

- 0.5 medium onion red thinly sliced
- 1.5 cups water plus more for soaking the herring
- 0.8 cup vinegar white
- 15 allspice whole
- 2 teaspoons mustard seeds yellow

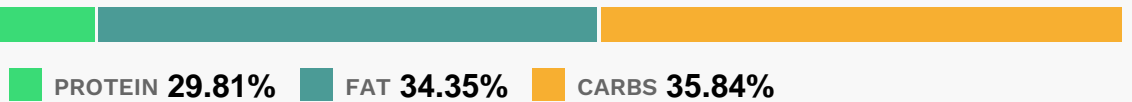
Equipment

- sauce pan

Directions

- Place herring in a 4- to 6-quart container and cover with water. Refrigerate overnight, changing the water once.
- Combine 1 1/2 cups water, vinegar, sugar, allspice berries, peppercorns, mustard seeds, coriander seeds, and bay leaf in a medium, nonreactive saucepan and bring to a boil over medium heat, stirring occasionally.
- Remove from heat and let come to room temperature. Stir in lemon juice.
- Drain herring fillets, rinse, and pat dry. Slice crosswise into 1-1/2-inch pieces. Arrange fish in a nonreactive dish or container with a tightfitting lid. Arrange dill, carrots, and onion on top of fish, and pour cooled brine into the dish. Cover and refrigerate for at least 24 hours and up to 4 days. To serve, remove herring from the brine and eat plain, with the pickled carrots and onion, or with rye crackers and toast.

Nutrition Facts



Properties

Glycemic Index:42.65, Glycemic Load:18.52, Inflammation Score:-9, Nutrition Score:22.957391593767%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.12mg, Kaempferol: 0.12mg

Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 340.12kcal (17.01%), Fat: 12.84g (19.76%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 28.65g (10.42%), Sugar: 26.65g (29.61%), Cholesterol: 80.85mg (26.95%), Sodium: 137.47mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.15%), Vitamin B12: 18.46µg (307.67%), Selenium: 51.83µg (74.04%), Vitamin A: 3539.95IU (70.8%), Vitamin D: 5.66µg (37.73%), Phosphorus: 342.49mg (34.25%), Vitamin B3: 4.64mg (23.2%), Vitamin B6: 0.46mg (23.02%), Vitamin B2: 0.34mg (20.09%), Manganese: 0.36mg (18.04%), Potassium: 567.62mg (16.22%), Magnesium: 55.45mg (13.86%), Vitamin E: 1.66mg (11.07%), Iron: 1.93mg (10.72%), Vitamin B1: 0.16mg (10.33%), Calcium: 102.73mg (10.27%), Zinc: 1.51mg (10.06%), Vitamin B5: 0.98mg (9.81%), Copper: 0.18mg (8.77%), Vitamin C: 7.06mg (8.56%), Fiber: 1.5g (6%), Folate: 23.24µg (5.81%), Vitamin K: 5.64µg (5.37%)