



Pickled Jalapeño Slices



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



2 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 bay leaves
- ☐ 4 large garlic clove halved
- ☐ 0.8 pound jalapeno green
- ☐ 0.3 pound jalapeno red
- ☐ 1 teaspoon salt
- ☐ 1.5 cups vinegar white 5% (acidity)

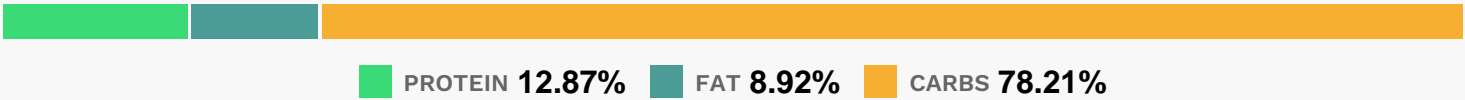
Equipment

- ☐ sauce pan

Directions

- ☐ Sterilize jars, and prepare lids.
- ☐ While jars are boiling, put on gloves, and cut peppers into 1/4-inch slices, discarding stem ends.
- ☐ Combine vinegar, salt, and 1 1/2 cups water in a medium stainless steel saucepan; bring to a boil.
- ☐ Place 2 garlic halves and 1 bay leaf in each hot jar. Pack jars tightly with peppers, leaving 1/2-inch headspace. Cover peppers with hot pickling liquid, leaving 1/2-inch headspace. Seal and process jars, processing 10 minutes.
- ☐ Remove jars from water, and let stand, undisturbed, at room temperature 24 hours. To check seals, remove the bands, and press down on the center of each lid. If the lid doesn't move, the jar is sealed. If the lid depresses and pops up again, the jar is not sealed. Store properly sealed jars in a cool, dark place up to 1 year. Refrigerate after opening.

Nutrition Facts



Properties

Glycemic Index:1.57, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.60521738733286%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 2.32kcal (0.12%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.2g (0.23%), Cholesterol: 0mg (0%), Sodium: 23.56mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 5.7mg (6.91%), Vitamin B6: 0.02mg (1.08%)