



Pickled Jalapenos (Escabeche)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



40

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb jalapeño chile peppers (and/or serrano if you wish)
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 medium onions white yellow sliced
- ☐ 2 medium carrots peeled sliced
- ☐ 1 head garlic separated peeled
- ☐ 4 cups apple cider vinegar
- ☐ 2 Tbsp sea salt
- ☐ 2 bay leaves

- ☐ 0.5 teaspoon oregano dried
- ☐ 4 sprigs marjoram or dried fresh (can sub oregano)
- ☐ 4 sprigs thyme or dried fresh
- ☐ 1 Tbsp sugar

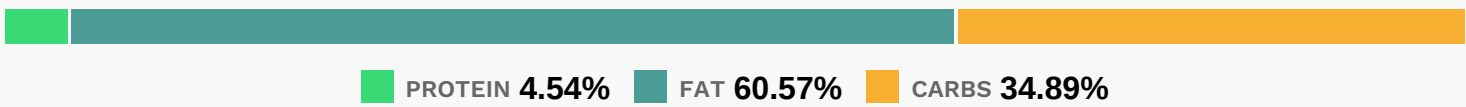
Equipment

- ☐ frying pan

Directions

- ☐ Prep the chiles: Wash the chiles, leaving the stems intact.
- ☐ Cut a cross in the tip end of each chile so that the vinegar will be able to penetrate the chiles.
- ☐ Heat olive oil in a large, deep skillet.
- ☐ Add the chiles, onions, carrots, cauliflower if using, and garlic. Fry over medium heat for about 10 minutes, turning them over occasionally.
- ☐ Add vinegar, salt, bay, oregano, marjoram, thyme, sugar, bring to boil:
- ☐ Add the vinegar, salt, bay leaves, dried oregano, marjoram, thyme, and sugar and bring to a boil. Lower the heat and simmer for 10 minutes.
- ☐ Make sure the chiles are entirely cooked through before canning. You will know they are cooked when they are no longer vibrant green, but a dull, olive green.
- ☐ Pack jars with vegetables, top with cooking liquid: Pack 4 to 5 pint-sized sterilized jars with the chiles and vegetables. Top with the vinegar cooking liquid and seal.
- ☐ Process in a hot water bath for 10 minutes.
- ☐ Once opened, can keep for one to two months in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:2.8517390819995%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 30.53kcal (1.53%), Fat: 1.88g (2.89%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 2.02g (0.74%), Sugar: 1.38g (1.53%), Cholesterol: 0mg (0%), Sodium: 353.57mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Vitamin C: 17.03mg (20.65%), Vitamin A: 628.49IU (12.57%), Vitamin K: 6.23µg (5.93%), Manganese: 0.12mg (5.89%), Vitamin B6: 0.07mg (3.46%), Vitamin E: 0.37mg (2.49%), Potassium: 73.67mg (2.1%), Iron: 0.34mg (1.89%), Fiber: 0.41g (1.64%), Magnesium: 5.12mg (1.28%), Folate: 4.7µg (1.17%), Copper: 0.02mg (1.08%)