



Pickled Oyster Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



2880 min.

SERVINGS



2

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 0.3 teaspoon peppercorns black
- 2 garlic clove peeled sliced
- 1 small onion sliced
- 1 pound oyster mushrooms
- 2.5 cups rice vinegar
- 1 tablespoon salt
- 1 tablespoon sugar

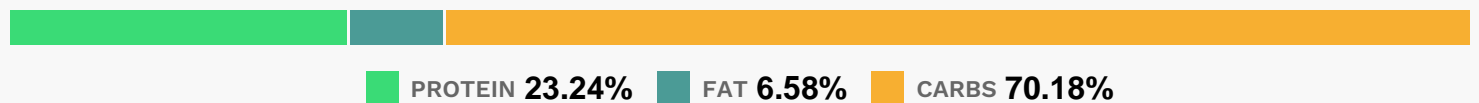
Equipment

- pot
- wooden spoon
- kitchen towels
- chopsticks

Directions

- Wash oyster mushrooms well and chop them into pieces.
- Bring a pot of salted water to a boil and simmer the oyster mushrooms for 8–10 minutes, until they're tender.
- In a medium pot, combine vinegar, onion, salt, sugar and peppercorns. Bring to a boil.
- When the oyster mushrooms are tender, drain them well and transfer them to the brine.
- Cook mushrooms in brine for 5 minutes.
- Divide bay leaves and garlic between two prepared pint jars.
- Pack oyster mushrooms and onions into jars and top with brine, leaving 1/2 inch headspace.
- Use a wooden spoon or chopstick to remove air bubbles from jars. If necessary, add more brine to return the headspace to 1/2 inch.
- Wipe rims, apply lids and rings and process jars in a boiling water bath for 15 minutes.
- When time is up, remove jars from canning pot and let jars cool on a folded kitchen towel.
- When jars are cool, check lids to ensure a good seal. Any unsealed jars should be stored in the refrigerator.
- Let pickles rest at least 48 hours before opening.
- Sealed pickles are shelf stable for up to one year.

Nutrition Facts



Properties

Glycemic Index:104.55, Glycemic Load:5.32, Inflammation Score:-5, Nutrition Score:18.143478169713%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 175.48kcal (8.77%), Fat: 1.03g (1.58%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 18.56g (6.75%), Sugar: 10.15g (11.28%), Cholesterol: 0mg (0%), Sodium: 3537.52mg (153.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Vitamin B3: 11.31mg (56.55%), Vitamin B2: 0.81mg (47.46%), Manganese: 0.61mg (30.72%), Copper: 0.61mg (30.3%), Phosphorus: 300.63mg (30.06%), Vitamin B5: 3mg (30.03%), Potassium: 1030.73mg (29.45%), Fiber: 6.04g (24.16%), Folate: 93.2µg (23.3%), Vitamin B1: 0.31mg (20.41%), Iron: 3.37mg (18.7%), Vitamin B6: 0.33mg (16.6%), Zinc: 1.89mg (12.62%), Magnesium: 49.41mg (12.35%), Selenium: 8.17µg (11.67%), Vitamin D: 1.59µg (10.58%), Calcium: 44.9mg (4.49%), Vitamin C: 3.57mg (4.33%), Vitamin A: 119.03IU (2.38%), Vitamin K: 1.09µg (1.04%)