

Pickled Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



39 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 large apples i use 2 granny smith apples cored peeled cut into 1" cubes
- ☐ 1 tablespoon kosher salt
- ☐ 1 small to 2 chilies slit green red with seeds, thinly sliced (such as jalapeño, serrano, or Thai)
- ☐ 0.5 teaspoon pepper red crushed (Korean pepper powder)
- ☐ 1 tablespoon sugar
- ☐ 1 cup rice vinegar

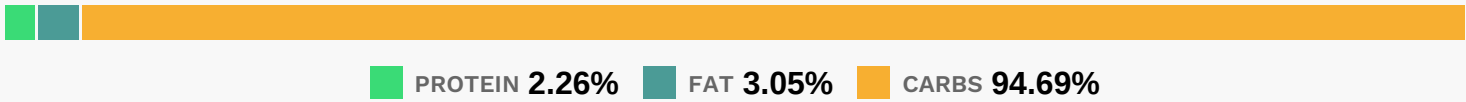
Equipment

☐ sauce pan

Directions

- ☐ Combine all ingredients except pear ina small saucepan.
- ☐ Add 1/2 cup water andbring to a boil. Reduce heat to medium-lowand simmer for 5 minutes to meld flavors.
- ☐ Remove from heat and let sit until warm.
- ☐ Place pear cubes in a 12-ounce jar witha tight-sealing lid.
- ☐ Add warm picklingliquid.
- ☐ Let cool at room temperature for30 minutes. Cover and chill. DO AHEAD: Canbe made 1 week ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:30.68, Glycemic Load:2.85, Inflammation Score:-1, Nutrition Score:1.3147826142933%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 39.01kcal (1.95%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 6.81g (2.48%), Sugar: 6.14g (6.83%), Cholesterol: 0mg (0%), Sodium: 1191.84mg (51.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.39%), Manganese: 0.14mg (6.79%), Fiber: 1.38g (5.53%), Vitamin C: 2.61mg (3.16%), Vitamin K: 2.19µg (2.09%), Potassium: 53.89mg (1.54%), Vitamin A: 73.5IU (1.47%), Copper: 0.03mg (1.25%), Vitamin B6: 0.02mg (1.04%)