

Pickled Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



40 kcal

SIDE DISH

Ingredients

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

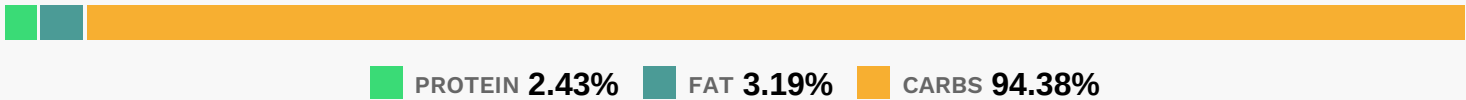
Equipment

☐ 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:33.18, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.3634782627873%

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: 39.95kcal (2%), Fat: 0.13g (0.19%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 6.99g (2.54%), Sugar: 6.16g (6.85%), Cholesterol: 0mg (0%), Sodium: 1191.99mg (51.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Manganese: 0.14mg (6.92%), Fiber: 1.41g (5.63%), Vitamin C: 2.67mg (3.24%), Vitamin K: 2.2µg (2.09%), Potassium: 58.74mg (1.68%), Vitamin A: 73.5IU (1.47%), Copper:

0.03mg (1.38%), Vitamin B6: 0.02mg (1.14%), Magnesium: 4.32mg (1.08%)