

Pickled Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons peppercorns black
- ☐ 4 cups pepper flakes assorted (such as serrano, jalapeño, and Thai)
- ☐ 2 tablespoons coriander seeds
- ☐ 3 garlic clove
- ☐ 2 tablespoons kosher salt
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups vinegar white

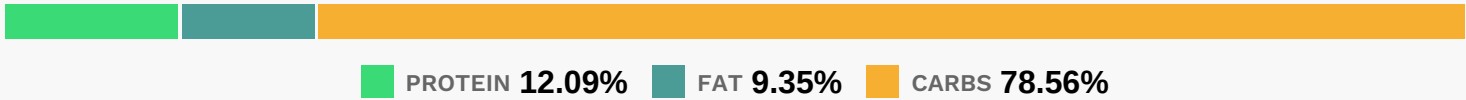
Equipment

- ☐ sauce pan
- ☐ skewers

Directions

- ☐ Cut large chiles into 1/4 inch rings. Pierce small chiles 3–4 times with a skewer. Pack all chiles in a clean 1–quart jar.
- ☐ Bring vinegar, all remaining ingredients, and 1 1/2 cups water to a boil in a medium saucepan. Reduce heat to medium and simmer for 5 minutes.
- ☐ Pour hot brine over peppers; seal jar.
- ☐ Let cool, then refrigerate.
- ☐ Serve within 1 month.
- ☐ calories, 0 grams fat, 1 gram carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:113.55, Glycemic Load:19.94, Inflammation Score:-10, Nutrition Score:30.050435024759%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 247.33kcal (12.37%), Fat: 2.6g (3.99%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 49.09g (16.36%), Net Carbohydrates: 39.87g (14.5%), Sugar: 28.06g (31.18%), Cholesterol: 0mg (0%), Sodium: 7011.9mg (304.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.11%), Vitamin C: 433.55mg (525.52%), Manganese: 2.13mg (106.51%), Vitamin B6: 1.6mg (80.15%), Vitamin A: 2911.1IU (58.22%), Vitamin K: 58.45µg (55.66%), Fiber: 9.22g (36.88%), Potassium: 1185.8mg (33.88%), Copper: 0.6mg (30%), Iron: 5.08mg (28.2%), Magnesium: 105.82mg (26.45%), Vitamin B3: 3.98mg (19.92%), Phosphorus: 179.79mg (17.98%), Folate: 70.83µg (17.71%), Vitamin B2: 0.3mg (17.51%), Vitamin B1: 0.25mg (16.52%), Calcium: 145.81mg (14.58%), Vitamin E: 2.18mg (14.52%), Zinc: 1.22mg (8.16%), Vitamin B5: 0.77mg (7.7%), Selenium: 4.99µg (7.12%)