



Pickled Peppers & Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large bell pepper green cut into 1/4-inch-thick strips
- ☐ 1 medium bell pepper red cut into 1/4-inch-thick strips
- ☐ 1 cup onion red ()
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.3 cup salt
- ☐ 0.8 cup sugar
- ☐ 2 cups vinegar white 5% (acidity)
- ☐ 1 medium bell pepper yellow cut into 1/4-inch-thick strips

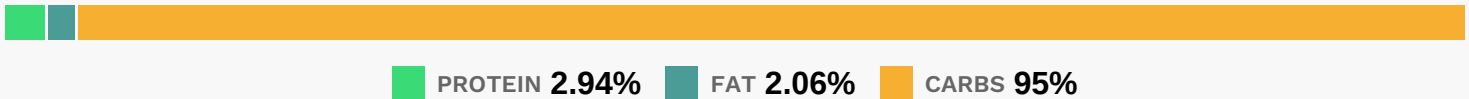
Equipment

- ☐ sauce pan

Directions

- ☐ Sterilize jars, and prepare lids.
- ☐ While jars are boiling, soak onion slices in ice water 10 minutes. Bring vinegar, next 3 ingredients, and 2 cups water to a boil in a 1-qt. stainless steel saucepan over medium-high heat, stirring until sugar dissolves.
- ☐ Drain onion slices; pat dry. Toss together onions and bell peppers. Pack vegetables tightly in hot jars, leaving 1/2-inch headspace. Cover vegetables with hot pickling liquid, leaving 1/2-inch headspace.
- ☐ Seal and process jars, processing 5 minutes.
- ☐ Remove jars from water, and let stand, undisturbed, at room temperature 24 hours. To check seals, remove the bands, and press down on the center of each lid. If the lid doesn't move, the jar is sealed. If the lid depresses and pops up again, the jar is not sealed. Store properly sealed jars in a cool, dark place up to 1 year. Refrigerate after opening.

Nutrition Facts



Properties

Glycemic Index:1.89, Glycemic Load:1.1, Inflammation Score:-1, Nutrition Score:0.4960869466481%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 8.35kcal (0.42%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.66g (1.84%), Cholesterol: 0mg (0%), Sodium: 283.56mg (12.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 5.14mg (6.24%), Vitamin A: 51.67IU (1.03%)