



Pickled Peppers & Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



20

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 bell pepper green cut lengthwise into 1/4-inch-wide strips
- ☐ 20 servings water
- ☐ 2 tablespoons kosher salt
- ☐ 0.5 bell pepper red cut lengthwise into 1/4-inch-wide strips
- ☐ 0.5 small onion red cut into 1/4-inch-thick slices
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 6 tablespoons sugar
- ☐ 1 cup vinegar white

☐ 0.5 bell pepper yellow cut lengthwise into 1/4-inch-wide strips

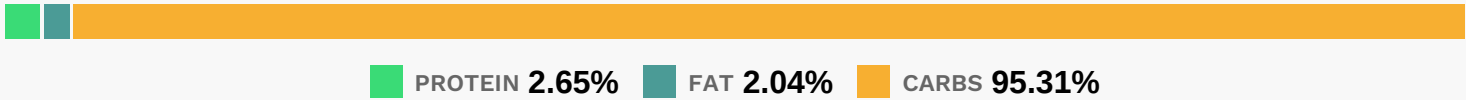
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ canning jar

Directions

- ☐ Soak onion slices in ice water to cover in a small bowl 10 minutes; drain.
- ☐ Place onion slices and bell pepper strips in 1 (1-qt.) canning jar.
- ☐ Bring vinegar, next 3 ingredients, and 1 cup water to a boil in a small nonaluminum saucepan over medium-high heat, stirring occasionally, until sugar is dissolved.
- ☐ Pour hot vinegar mixture over vegetables in jar.
- ☐ Let stand, uncovered, 1 hour. Cover and chill 24 hours. Store in an airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:2.62, Inflammation Score:-2, Nutrition Score:1.2734782663376%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 19.57kcal (0.98%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 4.17g (1.52%), Sugar: 3.91g (4.35%), Cholesterol: 0mg (0%), Sodium: 710.96mg (30.91%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin C: 11.86mg (14.38%), Vitamin A: 124.98IU (2.5%), Copper: 0.05mg (2.33%), Vitamin B6: 0.02mg (1.23%), Manganese: 0.02mg (1.19%)