



Pickled Pig's Feet I



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons pickling spice
- ☐ 2 teaspoons peppercorns whole black
- ☐ 4 pig's feet
- ☐ 2 tablespoons salt
- ☐ 4 star anise pods whole
- ☐ 2 cups citrus champagne vinegar

Equipment

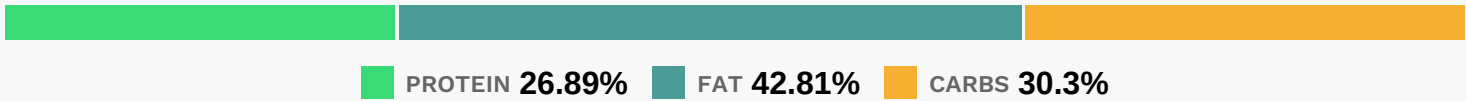
- ☐ bowl

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Rinse feet well, pat dry with paper towels and place in a large saucepan.
- ☐ Add enough water to cover and stir in 1 tablespoon of salt. Bring to a boil over high heat; reduce heat to low and simmer for about 4 to 5 hours or until the meat falls off of the bones.
- ☐ Remove meat from bones and place in a shallow dish or bowl. Set aside.
- ☐ Drain saucepan, reserving 2 cups of cooking liquid. In the same saucepan combine the reserved cooking liquid, remaining salt, vinegar, cloves, peppercorns, star anise and pickling spices. Bring to a boil and boil for 35 minutes.
- ☐ Strain liquid and reserve.
- ☐ Pour reserved liquid over the top of the meat. Cover and refrigerate. Chill for at least 10 hours before serving.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:4.6469564852507%

Nutrients (% of daily need)

Calories: 55.69kcal (2.78%), Fat: 2.32g (3.57%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.16g (0.18%), Cholesterol: 11.76mg (3.92%), Sodium: 1759.49mg (76.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin K: 24.81µg (23.63%), Manganese: 0.37mg (18.41%), Iron: 2.06mg (11.46%), Calcium: 84.12mg (8.41%), Fiber: 1.92g (7.69%), Folate: 21.04µg (5.26%), Vitamin E: 0.72mg (4.83%), Magnesium: 15.85mg (3.96%), Copper: 0.06mg (3.21%), Vitamin B2: 0.05mg (3%), Potassium: 96.4mg (2.75%), Phosphorus: 25.81mg (2.58%), Vitamin B6: 0.05mg (2.32%), Zinc: 0.26mg (1.72%), Vitamin A: 84.45IU (1.69%), Vitamin B3: 0.26mg (1.28%), Vitamin B1: 0.02mg (1.19%), Vitamin B12: 0.07µg (1.1%), Selenium: 0.75µg (1.08%)