



Pickled Ramps



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



779 kcal

SIDE DISH

Ingredients



6 allspice



3 bay leaves



1 pound ramps washed ends trimmed



1 pinch pepper red



1.5 cups citrus champagne vinegar



0.3 cup salt



1.5 cups sugar



1.5 cups water

☐ 1 tablespoon mustard seeds shopping list black yellow

Equipment

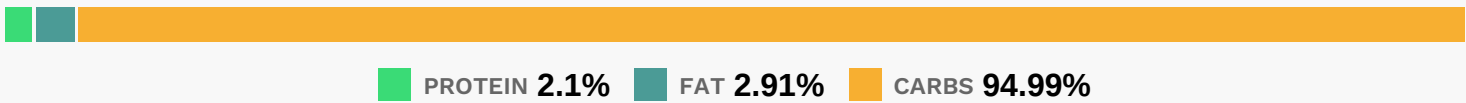
☐ sauce pan

☐ whisk

Directions

- ☐ Carefully pack ramps into a sterilized quart-sized jar with a screw-top lid.
- ☐ Combine remaining ingredients in a medium saucepan over medium high heat and bring to a boil, whisking until sugar and salt are dissolved.
- ☐ Pour hot brine over ramps (it should fill the jar completely, if you have excess, discard). Screw on lid and allow to cool at room temperature.
- ☐ Transfer to refrigerator and allow to rest for at least 3 weeks and up to a year before consuming.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:104.74, Inflammation Score:-9, Nutrition Score:11.24391308686%

Nutrients (% of daily need)

Calories: 779.24kcal (38.96%), Fat: 2.52g (3.88%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 184.92g (61.64%), Net Carbohydrates: 179.02g (65.1%), Sugar: 157.72g (175.24%), Cholesterol: 0mg (0%), Sodium: 14173.18mg (616.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Vitamin A: 3882.96IU (77.66%), Vitamin C: 28.69mg (34.78%), Iron: 6.09mg (33.85%), Fiber: 5.9g (23.58%), Calcium: 180.44mg (18.04%), Selenium: 12.4µg (17.72%), Manganese: 0.28mg (14.08%), Magnesium: 30.32mg (7.58%), Phosphorus: 60.54mg (6.05%), Copper: 0.11mg (5.3%), Potassium: 121.32mg (3.47%), Zinc: 0.47mg (3.12%), Vitamin B1: 0.04mg (2.98%), Vitamin B2: 0.04mg (2.6%), Folate: 9.3µg (2.33%), Vitamin E: 0.3mg (1.99%), Vitamin B3: 0.28mg (1.39%), Vitamin B6: 0.03mg (1.31%)