

Pickled Red Grapes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1440 min.

SERVINGS



2

CALORIES



576 kcal

SIDE DISH

Ingredients

- 1 cup apple cider vinegar
- 0.3 teaspoon peppercorns black
- 1 cinnamon sticks
- 1 cup granulated sugar white
- 1 pound grapes red
- 0.5 vanilla pod
- 0.3 cup water
- 0.1 teaspoon mustard seeds yellow

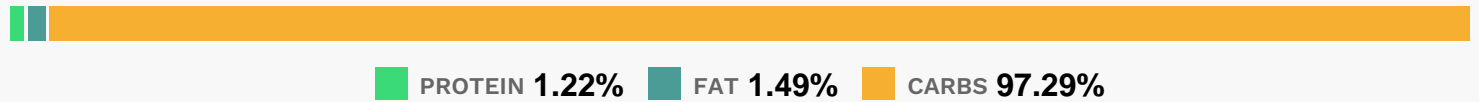
Equipment

- sauce pan
- funnel

Directions

- Wash grapes and remove from stem.
- Slice stem end off of the grapes and set aside.
- In a small saucepan, combine vinegar, water and sugar.
- Place over high heat and bring to a boil.
- Place spices into the bottom of a quart jar.
- Funnel trimmed grapes into the jar on top of the spices.
- Pour hot vinegar into jar over grapes.
- Let grapes sit until cool.
- Place a lid on the jar and refrigerate.
- Let pickled grapes rest in the fridge for at least 24 hours before serving.

Nutrition Facts



Properties

Glycemic Index:96.55, Glycemic Load:88.29, Inflammation Score:-2, Nutrition Score:8.6569565897403%

Nutrients (% of daily need)

Calories: 576.18kcal (28.81%), Fat: 0.98g (1.5%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 143.89g (47.96%), Net Carbohydrates: 140.76g (51.18%), Sugar: 135.49g (150.54%), Cholesterol: 0mg (0%), Sodium: 13.3mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Manganese: 0.84mg (42.15%), Vitamin K: 34.57µg (32.92%), Copper: 0.32mg (16.19%), Potassium: 538.65mg (15.39%), Fiber: 3.13g (12.53%), Vitamin B1: 0.16mg (10.6%), Vitamin B2: 0.18mg (10.59%), Vitamin B6: 0.2mg (10.01%), Vitamin C: 7.34mg (8.89%), Iron: 1.32mg (7.34%), Magnesium: 24.83mg (6.21%), Phosphorus: 58.46mg (5.85%), Calcium: 53.4mg (5.34%), Vitamin E: 0.49mg (3.24%), Vitamin A: 157.91IU (3.16%), Vitamin B3: 0.46mg (2.32%), Selenium: 1.42µg (2.03%), Zinc: 0.27mg (1.8%), Vitamin B5: 0.13mg (1.29%), Folate: 5.04µg (1.26%)