



Pickled Rhubarb Stalks

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



2880 min.

SERVINGS



2

CALORIES



479 kcal

SIDE DISH

Ingredients

- 1 cup apple cider vinegar
- 0.5 teaspoon peppercorns black
- 0.5 teaspoon sea salt fine
- 1 cup granulated sugar
- 2 teaspoons mustard seeds
- 1 pound rhubarb (4 to 6 large stalks)
- 2 star anise
- 1 cup water

Equipment

- sauce pan
- kitchen towels

Directions

- Prepare two wide mouth pint jars and lids.
- Wash rhubarb stalks well and trim to fit into the jars. If the stalks are broad, slice them into lengthwise sections. In a small saucepan, combine the apple cider vinegar, water, sugar and salt and bring to a boil.
- Divide the mustard seeds, peppercorns, cloves and star anise between the two prepared jars. Pack the rhubarb pieces into the jars above the spices.
- Once the pickling liquid has boiled and the sugar and salt are dissolved, pour it into the jars over the rhubarb, leaving 1/2 inch headspace. Tap the jars gently to dislodge any air bubbles. If the headspace level has dropped significantly, add more pickling liquid.
- Wipe jar rims, apply lids and rings and process jars in a boiling water bath canner for 10 minutes. When time is up, remove jars from canner and set them to cool on a folded kitchen towel. When jars are cool enough to handle, remove rings and test seals. If jars are at all sticky, wash them to remove that residue. Sealed jars can be stored in the pantry for up to 1 year. Unsealed jars can be stored in the refrigerator and eaten within 2 weeks.
- Let this pickle cure for at least 48 hours before eating.

Nutrition Facts



PROTEIN 2.58% **FAT 3.83%** **CARBS 93.59%**

Properties

Glycemic Index:80.05, Glycemic Load:71.22, Inflammation Score:-4, Nutrition Score:12.614347996919%

Flavonoids

Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg

Nutrients (% of daily need)

Calories: 479.09kcal (23.95%), Fat: 2.06g (3.16%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 113.05g (37.68%), Net Carbohydrates: 108.18g (39.34%), Sugar: 102.98g (114.43%), Cholesterol: 0mg (0%), Sodium: 604.1mg (26.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Vitamin K: 68.41µg (65.16%), Manganese: 0.98mg (49.21%), Calcium: 227.63mg (22.76%), Potassium: 793.7mg (22.68%), Vitamin C: 18.57mg (22.51%), Fiber: 4.87g (19.49%), Selenium: 9.56µg (13.66%), Magnesium: 49.07mg (12.27%), Iron: 1.55mg (8.59%), Phosphorus: 72.29mg (7.23%), Copper: 0.13mg (6.33%), Vitamin B2: 0.1mg (5.87%), Folate: 21.02µg (5.26%), Vitamin E: 0.78mg (5.17%), Vitamin B1: 0.07mg (4.94%), Vitamin A: 241.39IU (4.83%), Vitamin B3: 0.87mg (4.33%), Vitamin B6: 0.08mg (3.8%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.24mg (2.4%)