



Pickled Spring Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



1

CALORIES



557 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 1 teaspoon fennel seeds
- ☐ 5 sprigs thyme leaves fresh
- ☐ 2 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 10 ounce spring onion fresh with the greens and roots attached
- ☐ 0.5 cup sugar
- ☐ 1 cup vinegar white

☐ 1 tablespoon coriander seeds whole

Equipment

☐ frying pan

☐ sauce pan

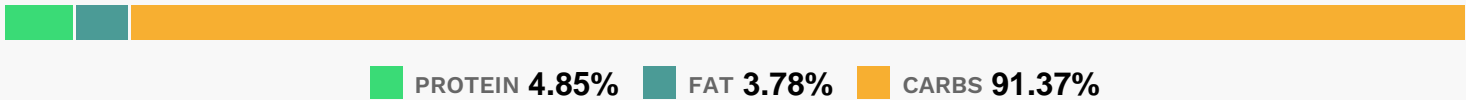
☐ pot

☐ tongs

Directions

- ☐ Sterilize 1 (16 oz) jar with its lid according to the manufacturer’s instructions. Meanwhile, stir together vinegar, sugar, salt, coriander seeds, fennel seeds, peppercorns, red-pepper flakes, thyme, and 2 cups water in a large sauce pan sized to fit the onions flat and in close to a single layer.pan. Bring to a boil.
- ☐ Add onions; return to a boil. Reduce heat, and simmer until tender, 5 to 7 minutes.
- ☐ Remove from heat, and let cool completely, about 1 ½ hours.Carefully gather the onions into a bundle all facing the same direction.
- ☐ Place them in the prepared jar, root end first, then swirl the greens inside. Fill the jar with as much liquid as necessary to completely submerge. Spoon in as much of the seeds and thyme as you can. Secure the jars with the sterilized lids & bands.
- ☐ Place the jars back in the sterilizer or pot of water and process by boiling for 15 minutes.
- ☐ Remove carefully with tongs. Cool, then store in a dry place for at least 3 weeks before opening.Once opened they can be refrigerated in their liquid in an airtight container up to 1 month.

Nutrition Facts



Properties

Glycemic Index:229.09, Glycemic Load:74.67, Inflammation Score:-10, Nutrition Score:27.838260857955%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg Quercetin: 30.28mg, Quercetin: 30.28mg, Quercetin: 30.28mg, Quercetin: 30.28mg

Nutrients (% of daily need)

Calories: 556.81kcal (27.84%), Fat: 2.34g (3.6%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 127.43g (42.48%), Net Carbohydrates: 115.57g (42.02%), Sugar: 106.59g (118.44%), Cholesterol: 0mg (0%), Sodium: 4723.22mg (205.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.53%), Vitamin K: 591.49µg (563.33%), Vitamin C: 62.78mg (76.1%), Vitamin A: 3375.23IU (67.5%), Manganese: 1.22mg (60.95%), Fiber: 11.87g (47.47%), Folate: 184.34µg (46.09%), Iron: 6.81mg (37.82%), Calcium: 315.96mg (31.6%), Potassium: 966.92mg (27.63%), Magnesium: 96.82mg (24.21%), Copper: 0.4mg (19.92%), Vitamin B2: 0.3mg (17.9%), Phosphorus: 157.06mg (15.71%), Vitamin E: 1.96mg (13.09%), Vitamin B1: 0.18mg (12.22%), Vitamin B6: 0.23mg (11.35%), Zinc: 1.62mg (10.81%), Vitamin B3: 1.95mg (9.74%), Selenium: 5.21µg (7.44%), Vitamin B5: 0.27mg (2.73%)