

Pickled Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



40

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon celery seed
- ☐ 1 bell pepper green seeded sliced into strips
- ☐ 1 teaspoon ground turmeric
- ☐ 2 teaspoons mustard seed
- ☐ 2 small onions thinly sliced
- ☐ 0.3 cup salt
- ☐ 2 cups distilled vinegar white
- ☐ 2.3 cups sugar white

☐

2.5 pounds young squash and zucchini yellow sliced into rounds

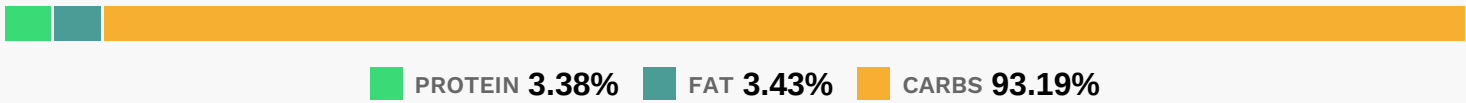
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ spatula

Directions

- ☐ In a large non-aluminum pot, combine the squash, bell pepper, and onions. Cover with salt, and let stand for 2 hours to release the liquids. Stir occasionally.
- ☐ Just before the 2 hours are up, combine the sugar, vinegar, mustard seed, turmeric and celery seed in a saucepan. Bring to a boil.
- ☐ Drain the salty liquid from the vegetables.
- ☐ Pour the spice brine over the vegetables, and let stand for 2 more hours.
- ☐ Bring to a boil once again, and simmer for about 5 minutes. Ladle into 1 pint sterile jars, filling with the liquid to within 1/4 inch of the top. Wipe rims with a clean towel, and run a thin spatula around the inside of the jar to remove air bubbles. Seal with lids and rings. Process for 10 minutes in a simmering water bath to seal completely.

Nutrition Facts



Properties

Glycemic Index:4.43, Glycemic Load:8.03, Inflammation Score:-4, Nutrition Score:1.6452173875726%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 53.56kcal (2.68%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 12.22g (4.44%), Sugar: 12.17g (13.53%), Cholesterol: 0mg (0%), Sodium: 710.32mg (30.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin C: 7.76mg (9.4%), Manganese: 0.08mg (3.95%), Vitamin B6: 0.06mg (2.95%), Potassium: 88mg (2.51%), Folate: 8.03µg (2.01%), Vitamin B2: 0.03mg (1.84%), Fiber: 0.43g (1.71%), Magnesium: 6.77mg (1.69%), Phosphorus: 14.54mg (1.45%), Vitamin K: 1.47µg (1.4%), Vitamin A: 67.85IU (1.36%), Vitamin B1: 0.02mg (1.17%), Copper: 0.02mg (1.12%), Iron: 0.19mg (1.08%)