

Pickled Sugar Pumpkin



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



979 kcal

SIDE DISH

Ingredients

- ☐ 10 allspice
- ☐ 3 cups apple cider vinegar
- ☐ 1 bay leaves
- ☐ 20 peppercorns black
- ☐ 2 cinnamon sticks crushed
- ☐ 2 cups granulated sugar white
- ☐ 8 cups pumpkin cubed (approximately 3 pounds)
- ☐ 2 cups water

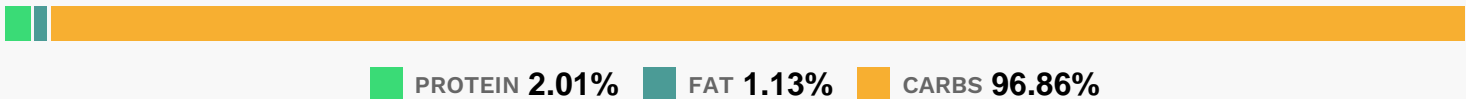
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ kitchen towels
- ☐ cheesecloth

Directions

- ☐ Prepare a small boiling water bath canner and jars.
- ☐ Place lids in a small saucepan and bring to a gentle simmer.
- ☐ In a large pot, combine vinegar, water and sugar.
- ☐ Heat to dissolve sugar.
- ☐ Place peppercorns, cloves, allspice berries, crushed cinnamon sticks and bay leaf in a muslin spice bag or tie them tightly in a length of cheesecloth.
- ☐ Add pumpkin chunks and spice bag. Bring to a boil and then reduce heat to a simmer.
- ☐ Cook pumpkin in the brine for 30-40 minutes, until the chunks are translucent and fork-tender.
- ☐ When pumpkin is done cooking, ladle it into the prepared jars. Cover with brine, leaving 1/2 inch headspace.
- ☐ Wipe rims, apply lids and rings and process in a boiling water bath canner for 20 minutes.
- ☐ When time is up, remove jars from canner.
- ☐ Let them cool on a folded kitchen towel.
- ☐ When jars are cool enough to handle, remove rings and test seals by grasping edges of the lids and gently lifting jars. Lids should hold fast.
- ☐ Let pickles cure at least 2 weeks prior to eating.

Nutrition Facts



Properties

Glycemic Index:117.05, Glycemic Load:161.21, Inflammation Score:-10, Nutrition Score:26.680869517119%

Flavonoids

Luteolin: 7.56mg, Luteolin: 7.56mg, Luteolin: 7.56mg, Luteolin: 7.56mg

Nutrients (% of daily need)

Calories: 978.55kcal (48.93%), Fat: 1.23g (1.89%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 236.55g (78.85%), Net Carbohydrates: 232g (84.36%), Sugar: 213.92g (237.69%), Cholesterol: 0mg (0%), Sodium: 37.34mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Vitamin A: 39521.91IU (790.44%), Manganese: 2.24mg (111.92%), Potassium: 1877.16mg (53.63%), Vitamin C: 42.11mg (51.05%), Copper: 0.7mg (34.9%), Vitamin E: 5.01mg (33.4%), Vitamin B2: 0.55mg (32.48%), Iron: 4.97mg (27.63%), Phosphorus: 237.28mg (23.73%), Magnesium: 80.52mg (20.13%), Folate: 74.89µg (18.72%), Fiber: 4.55g (18.21%), Calcium: 174.85mg (17.49%), Vitamin B1: 0.23mg (15.62%), Vitamin B6: 0.29mg (14.67%), Vitamin B3: 2.86mg (14.29%), Vitamin B5: 1.41mg (14.09%), Zinc: 1.75mg (11.7%), Vitamin K: 7.83µg (7.46%), Selenium: 3.12µg (4.46%)