



Pickled Swiss Chard Stems



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown mustard seeds
- ☐ 1 tablespoon caraway seeds
- ☐ 1 pound swiss chard cut into 4" lengths (from 4 bunches)
- ☐ 0.3 cup kosher salt
- ☐ 1 small shallots thinly sliced
- ☐ 0.5 cup sugar
- ☐ 1 cup rice vinegar

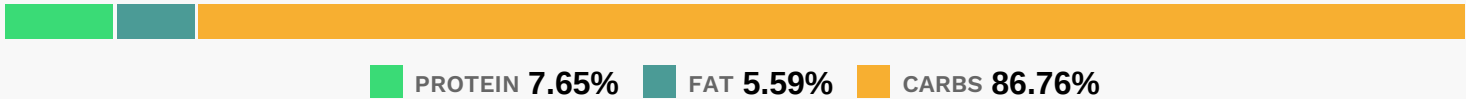
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Toss chard stems, shallot, and salt in a colander set in the sink.
- ☐ Let stand 1 hour. Rinse and drain well.
- ☐ Meanwhile, toast mustard and caraway seeds in a small skillet over medium heat, stirring often, until mustard seeds begin to pop, about 2 minutes.
- ☐ Let seeds cool.
- ☐ Bring vinegar, sugar, and 1 cup water to a boil in a small saucepan; let cool slightly.
- ☐ Pour brine into jars.
- ☐ Let cool slightly, then cover and chill.
- ☐ DO AHEAD: Pickles can be made 2 weeks ahead. Keep chilled.
- ☐ Pickled Green Papaya
- ☐ Use the same salting method and brine, but instead of chard stems and shallot, use 1 sliced seeded peeled green papaya (about 1 lb.). Omit mustard and caraway seeds, and use 2 red or green Thai chiles and one 1"-piece peeled turmeric or ginger, thinly sliced.Pickled Banana Chiles
- ☐ Use the same salting method and brine, but instead of chard stems and shallot, use 1 lb. fresh banana chiles (cut a long slit in each pepper to allow brine to penetrate) and 1 sliced peeled carrot. Omit mustard and caraway seeds, and use 1 garlic clove.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:9.25, Inflammation Score:-9, Nutrition Score:12.001739232436%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg

Myricetin: 1.76mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 71.92kcal (3.6%), Fat: 0.45g (0.69%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 14.27g (5.19%), Sugar: 13.4g (14.88%), Cholesterol: 0mg (0%), Sodium: 3658.77mg (159.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Vitamin K: 470.65µg (448.24%), Vitamin A: 3470.72IU (69.41%), Vitamin C: 17.45mg (21.15%), Manganese: 0.27mg (13.29%), Magnesium: 50.78mg (12.69%), Vitamin E: 1.12mg (7.45%), Iron: 1.27mg (7.07%), Potassium: 240.77mg (6.88%), Copper: 0.12mg (5.99%), Fiber: 1.35g (5.41%), Calcium: 40.8mg (4.08%), Phosphorus: 37.63mg (3.76%), Vitamin B6: 0.07mg (3.58%), Vitamin B2: 0.06mg (3.42%), Selenium: 1.92µg (2.75%), Folate: 9.89µg (2.47%), Vitamin B1: 0.03mg (2.1%), Zinc: 0.3mg (2.01%), Vitamin B3: 0.28mg (1.42%), Vitamin B5: 0.11mg (1.11%)