



Pickled Watermelon Rind

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



3

CALORIES



2122 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 inch cinnamon
- 1 tablespoon lime
- 2 pounds beef (1 medium watermelon)
- 5 cups sugar
- 7 cups water divided
- 1 quart vinegar white divided
- 1 tablespoon allspice whole

Equipment

- pot
- cheesecloth

Directions

- Remove outer green skin and pink flesh of watermelon rind.
- Cut greenish-white portion of rind into 1-inch cubes or other shapes, if desired.
- Place rind in a large glass, ceramic, or stainless steel container.
- Combine lime and 1 quart cold water; pour over rind. Cover and let stand in a cool place 3 hours.
- Drain and rinse in 3 baths of cold water.
- Place rind in a 10-quart stainless steel stockpot; cover with cold water. Bring to a boil, and boil slowly, stirring occasionally, 1 hour or until rind is translucent.
- Drain well.
- Combine rind, 2 cups water, and 1 cup vinegar in a glass container; mix well. Cover and let stand in a cool place overnight.
- Drain; cover and set aside.
- Combine cinnamon, cloves, and allspice; tie loosely in a cheesecloth bag.
- Combine spice bag, remaining 1 cup water, 3 cups vinegar, and sugar in stockpot. Bring to a boil; remove from heat. Cover and let stand 1 hour.
- Add rind to syrup. Bring to a boil; reduce heat, and cook over low heat, stirring occasionally, 2 hours or until rind is translucent.
- Remove spice bag; discard.
- Pack rind into hot sterilized jars; pour syrup over pickles, leaving 1/2-inch head space.
- Remove air bubbles. Cover with metal lids, and screw bands tight. Process watermelon rind in boiling-water bath 15 minutes.

Nutrition Facts

 **PROTEIN 9.89%**  **FAT 26.35%**  **CARBS 63.76%**

Properties

Glycemic Index:57.36, Glycemic Load:233.03, Inflammation Score:1, Nutrition Score:28.519999957603%

Flavonoids

Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 2122.34kcal (106.12%), Fat: 61.79g (95.06%), Saturated Fat: 23.27g (145.46%), Carbohydrates: 336.44g (112.15%), Net Carbohydrates: 334.28g (121.56%), Sugar: 332.89g (369.88%), Cholesterol: 214.7mg (71.57%), Sodium: 241.99mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.2g (104.39%), Vitamin B12: 6.47µg (107.85%), Zinc: 12.84mg (85.61%), Selenium: 49.1µg (70.14%), Vitamin B3: 12.89mg (64.46%), Phosphorus: 495.32mg (49.53%), Vitamin B6: 0.99mg (49.36%), Manganese: 0.81mg (40.49%), Iron: 6.55mg (36.41%), Vitamin B2: 0.51mg (30.23%), Potassium: 868.77mg (24.82%), Copper: 0.34mg (16.97%), Magnesium: 65.15mg (16.29%), Vitamin B5: 1.53mg (15.33%), Calcium: 139.4mg (13.94%), Vitamin B1: 0.13mg (8.91%), Vitamin E: 1.31mg (8.76%), Fiber: 2.15g (8.61%), Vitamin K: 6.39µg (6.09%), Folate: 22.35µg (5.59%), Vitamin D: 0.3µg (2.02%), Vitamin C: 1.61mg (1.95%)