



Pickled Watermelon Rind



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



1445 kcal

SIDE DISH

Ingredients

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

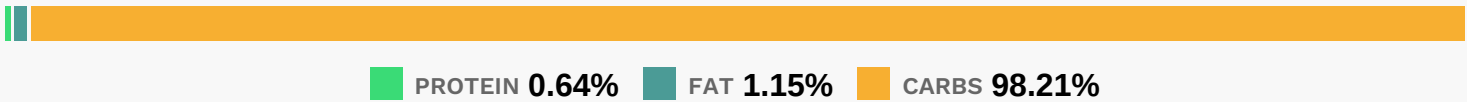
Equipment

- ☐ 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



Properties

Glycemic Index:68.03, Glycemic Load:240.48, Inflammation Score:0, Nutrition Score:13.790869453679%

Flavonoids

Hesperetin: 130.89mg, Hesperetin: 130.89mg, Hesperetin: 130.89mg, Hesperetin: 130.89mg Naringenin: 10.35mg, Naringenin: 10.35mg, Naringenin: 10.35mg, Naringenin: 10.35mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 1444.98kcal (72.25%), Fat: 1.92g (2.95%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 368.19g (122.73%), Net Carbohydrates: 357.57g (130.02%), Sugar: 338g (375.56%), Cholesterol: 0mg (0%), Sodium: 45.43mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Vitamin C: 89.61mg (108.62%), Fiber: 10.62g (42.48%), Manganese: 0.8mg (40.19%), Calcium: 184.76mg (18.48%), Copper: 0.35mg (17.58%), Iron: 2.5mg (13.9%), Potassium: 360.75mg (10.31%), Magnesium: 31.89mg (7.97%), Vitamin B2: 0.13mg (7.47%), Phosphorus: 71.97mg (7.2%), Selenium: 4.95µg (7.07%), Vitamin B6: 0.14mg (7.03%), Vitamin B5: 0.67mg (6.71%), Folate: 25.37µg (6.34%), Vitamin B1: 0.09mg (6.29%), Vitamin E: 0.74mg (4.93%), Vitamin B3: 0.72mg (3.58%), Zinc: 0.53mg (3.56%), Vitamin A: 173.65IU (3.47%), Vitamin K: 2.76µg (2.63%)