



## Pickled Watermelon Rind



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



95 min.

SERVINGS



30

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients



3 tablespoons salt



2 star anise



0.8 cup sugar



0.8 cup vinegar

### Equipment



bowl

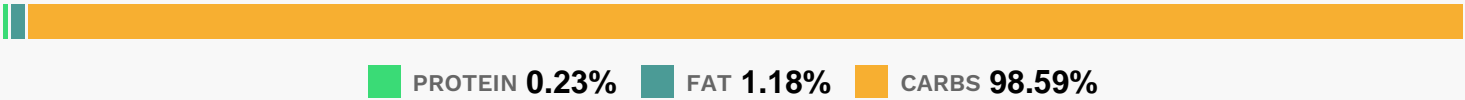


dutch oven

# Directions

- ☐ Remove rind from watermelon, leaving a small amount of red flesh attached to rind. Reserve watermelon flesh for another use. Peel rind, and cut into 1-inch cubes (about 5 cups cubed).
- ☐ Place in a large bowl.
- ☐ Stir together salt and 3 cups water.
- ☐ Pour over rind. Cover and chill 24 hours.
- ☐ Drain; rinse well.
- ☐ Combine rind, sugar, next 2 ingredients, and 3/4 cup water in a large Dutch oven. Bring to a boil; remove from heat. Cool completely (about 1 hour), stirring occasionally. Cover and chill 24 hours before serving. Store in refrigerator up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:3.49, Inflammation Score:0, Nutrition Score:0.053478260403094%

## Nutrients (% of daily need)

Calories: 20.62kcal (1.03%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 5.01g (1.82%), Sugar: 4.99g (5.55%), Cholesterol: 0mg (0%), Sodium: 697.83mg (30.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.02%)