



Pop's Dill Pickles

 **Gluten Free**  **Dairy Free**

READY IN



165 min.

SERVINGS



14

CALORIES



96 kcal

DESSERT

Ingredients

- 3 tablespoons pickling spice
- 7 heads optional: dill fresh
- 7 cloves garlic
- 8 pounds pickling cucumbers
- 0.5 cup pickling salt
- 4 cups water
- 4 cups distilled vinegar white
- 0.8 cup sugar white

7 quart canning jars with lids and rings

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Equipment

paper towels

sauce pan

pot

Directions

Place cucumbers in a large pot and cover with ice cubes.

Let them sit for at least 2 hours but no more than

Drain and pat dry.

Place the water, vinegar, sugar, pickling salt, and pickling spice into a saucepan. Bring to boil, then simmer for 15 minutes.

Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the cucumbers into the hot, sterilized jars, filling the jars to within 1/2 inch of the top.

Place 1 dill head and 1 clove of garlic into each jar.

Pour the hot pickling liquid into the jars, filling to within 1/4 inch of the rim. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.

Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil over high heat, then carefully lower the jars into the pot using a holder. Leave a 2 inch space between the jars.

Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 5 minutes, or the time recommended by your county Extension agent.

Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). If any jars have not sealed properly, refrigerate them and eat within two weeks. Store in a cool, dark area, and wait at least 1 week before opening.

Nutrition Facts

PROTEIN 8.65% FAT 6.03% CARBS 85.32%

Properties

Glycemic Index:13.22, Glycemic Load:8.25, Inflammation Score:-4, Nutrition Score:8.561304403388%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 96.31kcal (4.82%), Fat: 0.6g (0.92%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 15.81g (5.75%), Sugar: 14.44g (16.05%), Cholesterol: 0mg (0%), Sodium: 4053.39mg (176.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.85%), Vitamin K: 38.39µg (36.56%), Manganese: 0.43mg (21.48%), Fiber: 3.2g (12.81%), Potassium: 404.64mg (11.56%), Copper: 0.23mg (11.42%), Vitamin C: 9.26mg (11.22%), Folate: 44.59µg (11.15%), Magnesium: 41.82mg (10.45%), Iron: 1.86mg (10.31%), Calcium: 99.65mg (9.97%), Vitamin B6: 0.18mg (9.24%), Vitamin B5: 0.66mg (6.62%), Phosphorus: 64.66mg (6.47%), Vitamin B1: 0.09mg (5.95%), Vitamin A: 279.24IU (5.58%), Vitamin B2: 0.09mg (5.1%), Vitamin E: 0.66mg (4.38%), Zinc: 0.57mg (3.82%), Selenium: 1.05µg (1.51%), Vitamin B3: 0.26mg (1.31%)