



Quick Confetti Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



100

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apple cider vinegar 5% (acidity)
- ☐ 4 optional: dill
- ☐ 1 teaspoon dill seed
- ☐ 1 cucumber english
- ☐ 2 tablespoons juice of lemon
- ☐ 1 medium carrots
- ☐ 2 radishes red
- ☐ 4 tablespoons salt divided

- ☐ 0.3 cup sugar
- ☐ 1 medium size to 3 sized squashes yellow

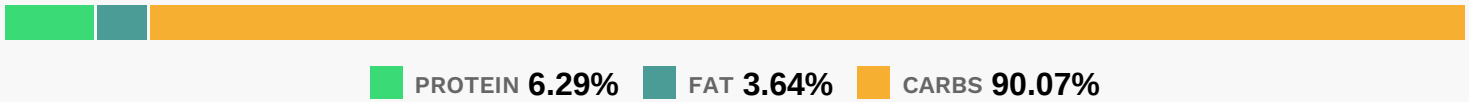
Equipment

- ☐ sauce pan
- ☐ colander

Directions

- ☐ Wash vegetables. Score cucumber and squash lengthwise with a fork, leaving furrows in the peel on all sides. (This makes scalloped edges when vegetables are sliced.) Trim stem and blossom ends of cucumber and squash; cut into 1/8-inch slices.
- ☐ Place in a colander in sink; sprinkle with 2 Tbsp. salt, and toss gently.
- ☐ Let drain 30 minutes.
- ☐ Meanwhile, peel carrot, and cut carrot and radishes into 1/8-inch-thick slices. Toss together with drained cucumber and squash.
- ☐ Place 2 dill sprigs in each of 2 clean (1-pt.) jars or nonreactive containers with lids. Pack vegetables in jars, leaving 1/2-inch headspace.
- ☐ Bring vinegar, next 3 ingredients, remaining 2 Tbsp. salt, and 2 cups water to a boil in a 1 1/2-qt. stainless steel saucepan over medium-high heat, stirring until sugar and salt dissolve.
- ☐ Pour hot vinegar mixture over vegetables to cover. Apply lids. Chill 24 hours before serving. Store in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:2.36, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:0.32000000167476%

Flavonoids

Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin:

0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 3.6kcal (0.18%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.73g (0.27%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 279.77mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.11%), Vitamin A: 112.1IU (2.24%)