



Quick Pickled Dilly Green Beans



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



15 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons suya seasoning mix
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 0.5 pound green beans trimmed
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons sugar
- ☐ 1 cup water
- ☐ 1 cup citrus champagne vinegar

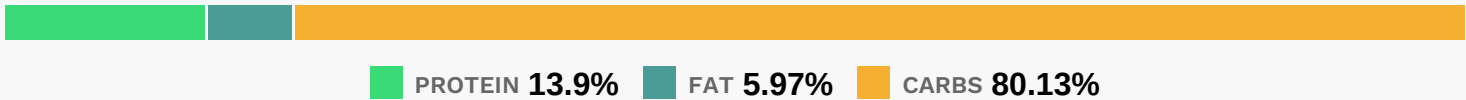
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Combine dill and green beans in a medium bowl.
- ☐ Combine vinegar and the remaining ingredients in a small saucepan. Bring to a boil, and cook 1 minute or until sugar and salt dissolve.
- ☐ Pour over bean mixture.
- ☐ Let stand 2 hours.
- ☐ Drain or serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:0.88, Inflammation Score:-2, Nutrition Score:2.3352173838926%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 15.18kcal (0.76%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.32g (1.46%), Cholesterol: 0mg (0%), Sodium: 392.14mg (17.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin K: 13.24µg (12.61%), Manganese: 0.11mg (5.43%), Vitamin A: 219.98IU (4.4%), Vitamin C: 3.33mg (4.04%), Iron: 0.66mg (3.66%), Fiber: 0.89g (3.54%), Calcium: 24.63mg (2.46%), Folate: 9.66µg (2.42%), Magnesium: 8.55mg (2.14%), Vitamin B6: 0.04mg (2.01%), Potassium: 66.32mg (1.89%), Vitamin B2: 0.03mg (1.61%), Vitamin E: 0.23mg (1.52%), Copper: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.2%), Phosphorus: 11.02mg (1.1%)