

Quick Pickled Tomatillos



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon suya seasoning mix
- ☐ 1 teaspoon brown mustard seeds
- ☐ 6 garlic clove peeled
- ☐ 3 tablespoons kosher salt
- ☐ 2 tablespoons sugar
- ☐ 2 pounds tomatillos washed cored quartered
- ☐ 3 cups vinegar white

Equipment

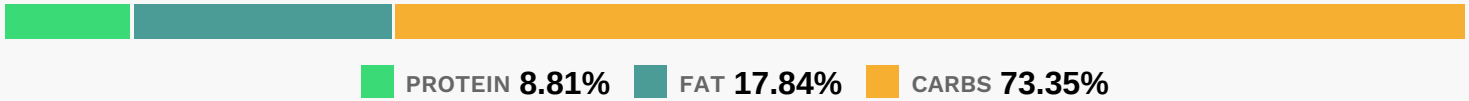
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sauce pan

Directions

- ☐ Heat vinegar, sugar, salt, and 3 cups water in a medium saucepan until simmering.
- ☐ Put 2 garlic cloves, heaping 1/4 tsp. mustard seeds, and 1 tsp. pickling spice into each of 3 widemouthed pt. jars. Fill jars with tomatillos, pushing down to pack.
- ☐ Pour hot brine over tomatillos to fill each jar to the top. Seal with lids. Chill to develop flavor, at least 4 days and up to 1 month.

Nutrition Facts



Properties

Glycemic Index:10.34, Glycemic Load:1.25, Inflammation Score:-2, Nutrition Score:3.5173913292263%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 39.13kcal (1.96%), Fat: 0.67g (1.03%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 4.63g (1.68%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 1397.38mg (60.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Vitamin K: 12.26µg (11.67%), Manganese: 0.19mg (9.68%), Vitamin C: 7.47mg (9.06%), Fiber: 1.59g (6.38%), Vitamin B3: 1.17mg (5.87%), Potassium: 180.71mg (5.16%), Iron: 0.79mg (4.37%), Magnesium: 15.63mg (3.91%), Copper: 0.06mg (3.1%), Vitamin B6: 0.06mg (2.95%), Phosphorus: 28.98mg (2.9%), Vitamin E: 0.41mg (2.74%), Calcium: 26.11mg (2.61%), Vitamin B1: 0.03mg (2.05%), Vitamin A: 85.82IU (1.72%), Vitamin B2: 0.03mg (1.65%), Folate: 6.62µg (1.65%), Zinc: 0.18mg (1.22%), Selenium: 0.8µg (1.14%), Vitamin B5: 0.11mg (1.07%)