



Quick Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 0.5 teaspoon celery seeds
- ☐ 1 fresno chile split red
- ☐ 0.8 teaspoon coriander seeds
- ☐ 2 pounds kirby cucumbers
- ☐ 2 cloves garlic crushed peeled
- ☐ 0.3 cup kosher salt
- ☐ 1 teaspoon mustard seeds

- ☐ 2 cups red wine vinegar
- ☐ 1.5 cups sugar

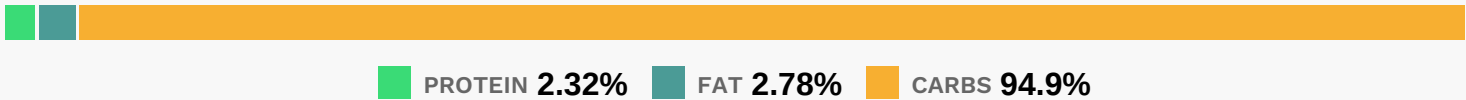
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot

Directions

- ☐ In a saucepot, combine the vinegar, sugar, salt, mustard seeds, coriander seeds, celery seeds, peppercorns, garlic, chile and 2 cups water and bring the mixture to a boil to dissolve the sugar and salt.
- ☐ Using a mandolin (or sharp knife), slice the cucumbers 1/4-inch thick and place in a large heat-safe bowl or container.
- ☐ Once the mixture boils, pour the liquid over the sliced cucumbers, making sure the cucumbers are submerged.
- ☐ Let the cucumbers sit in the liquid as it comes to room temperature, for about 20 minutes.
- ☐ Drain the pickles and reserve the liquid.
- ☐ Serve as is or fry em' up! To serve, add a little of the pickling juice right on top of the pickles.
- ☐ Cook's Notes: Reserve your pickling liquid to use on the pickles later or as a vinegary addition to sauces. The longer the pickles sit in the liquid the softer they become, so for me 20 minutes is perfect. This pickling liquid is great to pickle a variety of vegetables, try carrots, one of my favorites.

Nutrition Facts



Properties

Glycemic Index:24.01, Glycemic Load:26.7, Inflammation Score:-2, Nutrition Score:3.9286956735279%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 176kcal (8.8%), Fat: 0.54g (0.82%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 39.98g (14.54%), Sugar: 39.32g (43.69%), Cholesterol: 0mg (0%), Sodium: 3545.07mg (154.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin C: 12.33mg (14.95%), Manganese: 0.18mg (9.18%), Vitamin K: 9.21µg (8.77%), Potassium: 208.84mg (5.97%), Copper: 0.11mg (5.46%), Magnesium: 20.36mg (5.09%), Vitamin B6: 0.1mg (4.93%), Folate: 17.84µg (4.46%), Iron: 0.77mg (4.29%), Fiber: 1.07g (4.27%), Phosphorus: 36.93mg (3.69%), Vitamin B1: 0.04mg (2.98%), Calcium: 29.32mg (2.93%), Vitamin B5: 0.29mg (2.93%), Vitamin A: 136.2IU (2.72%), Vitamin B2: 0.04mg (2.55%), Zinc: 0.29mg (1.93%), Selenium: 1.33µg (1.91%)