



Quick Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



2880 min.

SERVINGS



10

CALORIES



19 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 tsp celery seed
- ☐ 1 tsp coriander seeds
- ☐ 1.8 lbs cucumber (small pickling cucumbers, no wax on skin)
- ☐ 1 tsp dill seed
- ☐ 0.3 tsp fennel seeds
- ☐ 2 handfuls optional: dill fresh
- ☐ 8 garlic clove sliced

- ☐ 3 tbsp kosher salt
- ☐ 1 tsp peppercorns
- ☐ 0.5 tsp pepper red
- ☐ 4 cups water
- ☐ 0.5 cup vinegar white
- ☐ 2 quart frangelico
- ☐ 2 quart frangelico

Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ canning jar
- ☐ funnel

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Quick Pickles
- ☐ Ingredients8 garlic cloves, sliced2 handfuls handfuls fresh dill2 bay leaves1 tsp peppercorns1 tsp coriander seeds1 tsp dill seeds1/2 tsp red pepper flakes (optional)1/2 tsp celery seed1/4 tsp fennel seed1 ¾ lbs. Kirby or Persian cucumbers (small pickling cucumbers, no wax on skin)4 cups water1/2 cup white vinegar3 tbsp kosher salt
- ☐ You will also need
- ☐ Two 1 quart mason jars or one ½ gallon jar, funnel, whisk, saucepan
- ☐ Prep Time: 10 Minutes
- ☐ Total Time: 48 Hours
- ☐ Servings: 10–12 pickles
- ☐ Kosher Key: Pareve

Nutrition Facts



 PROTEIN **17.02%**  FAT **13.26%**  CARBS **69.72%**

Properties

Glycemic Index:14.2, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:2.6760869648146%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 18.67kcal (0.93%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.24g (0.82%), Sugar: 1.14g (1.26%), Cholesterol: 0mg (0%), Sodium: 2102.08mg (91.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Manganese: 0.19mg (9.53%), Vitamin K: 6.58µg (6.27%), Copper: 0.09mg (4.68%), Vitamin C: 3.58mg (4.34%), Potassium: 134.66mg (3.85%), Vitamin B6: 0.08mg (3.8%), Fiber: 0.91g (3.65%), Magnesium: 14.05mg (3.51%), Calcium: 30.04mg (3%), Folate: 11.65µg (2.91%), Iron: 0.44mg (2.43%), Phosphorus: 24.11mg (2.41%), Vitamin B1: 0.03mg (2.14%), Vitamin B5: 0.21mg (2.13%), Vitamin A: 106.33IU (2.13%), Vitamin B2: 0.03mg (1.56%), Zinc: 0.22mg (1.46%)