



Quick Sweet Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



325 min.

SERVINGS



2

CALORIES



373 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 1 cinnamon sticks
- 1 tablespoon coriander seed
- 6 kirby cucumbers
- 0.3 cup kosher salt
- 1 tablespoon mustard seed
- 1 cup rice vinegar
- 0.5 cup sugar

- 1 cup water
- 1 tablespoon allspice whole

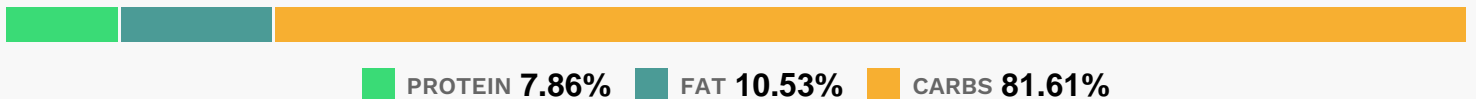
Equipment

- bowl
- sauce pan
- knife
- colander

Directions

- Wash and dry the cucumbers. Using a sharp knife or a mandolin, slice the cucumbers thinly and place in a colander.
- Sprinkle with salt and toss to coat.
- Place the colander over a bowl and allow it to sit, covered, for about 1 hour. Rinse off the salt and dry the cucumber slices well.
- Place them into a sterilized quart jar.
- In a small saucepan add the remaining ingredients. Stir to dissolve sugar and bring to a boil.
- Remove from heat and allow it to cool.
- Pour the brine over the cucumbers in jar. Cover and refrigerate at least 4 hours, preferably overnight. Will keep, refrigerated, for about 2 weeks.

Nutrition Facts



Properties

Glycemic Index:77.55, Glycemic Load:37.19, Inflammation Score:-8, Nutrition Score:24.392608777336%

Nutrients (% of daily need)

Calories: 372.52kcal (18.63%), Fat: 4.37g (6.72%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 76.18g (25.39%), Net Carbohydrates: 66.47g (24.17%), Sugar: 62.78g (69.76%), Cholesterol: 0mg (0%), Sodium: 14178.11mg (616.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Manganese: 1.36mg (68.03%),

Vitamin K: 65.64µg (62.52%), Fiber: 9.72g (38.87%), Potassium: 1347.08mg (38.49%), Copper: 0.77mg (38.27%),
Vitamin C: 31.18mg (37.79%), Magnesium: 145.26mg (36.31%), Folate: 136.37µg (34.09%), Phosphorus: 255mg
(25.5%), Vitamin B6: 0.49mg (24.59%), Vitamin B1: 0.33mg (22.21%), Vitamin B5: 2.21mg (22.11%), Calcium: 219.9mg
(21.99%), Selenium: 14.12µg (20.18%), Iron: 3.49mg (19.4%), Vitamin B2: 0.26mg (15.25%), Zinc: 2.12mg (14.11%),
Vitamin A: 676.86IU (13.54%), Vitamin E: 0.59mg (3.93%), Vitamin B3: 0.77mg (3.85%)