



Quick Winter Pickled Veggies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



35

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 1 teaspoon peppercorns black
- ☐ 1 teaspoon fennel seeds
- ☐ 3 garlic cloves
- ☐ 0.3 cup kosher salt
- ☐ 1 teaspoon mustard seeds
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 8 cups cut vegetables assorted

☐ 0.7 cup sugar

Equipment

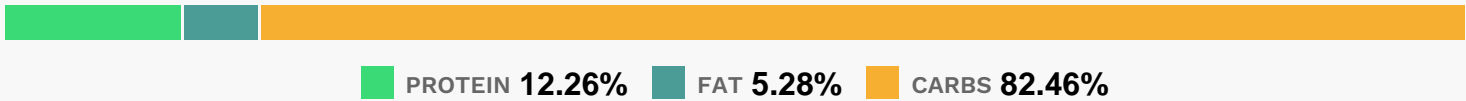
☐ bowl

☐ sauce pan

Directions

- ☐ Bring first 8 ingredients and 2 1/2 cups water to a boil in a large nonaluminum saucepan over medium-high heat, stirring until sugar is dissolved; boil 1 minute.
- ☐ Let stand 30 minutes.
- ☐ Meanwhile, cook vegetables, in batches, in boiling water to cover 1 to 2 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Transfer vegetables to a large bowl or 2 1/2-qt. container.
- ☐ Pour vinegar mixture over vegetables.
- ☐ Let stand 1 hour. Cover and chill 1 day before serving. Store in an airtight container in refrigerator up to 1 week.
- ☐ Perfect for Pickling: cauliflower florets, Swiss chard stalks, carrot sticks, sliced parsnips, halved Brussels sprouts, radishes, sliced fennel, green beans, bell pepper rings.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:4.52, Inflammation Score:-8, Nutrition Score:4.1091304745363%

Nutrients (% of daily need)

Calories: 45.57kcal (2.28%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 8.01g (2.91%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 829.25mg (36.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin A: 2121.73IU (42.43%), Manganese: 0.16mg (8.22%), Fiber: 1.74g (6.98%), Vitamin C: 4.42mg (5.36%), Vitamin B1: 0.05mg (3.49%), Folate: 12.24µg (3.06%), Potassium: 103.26mg (2.95%), Magnesium: 11.55mg (2.89%), Phosphorus: 27.3mg (2.73%), Vitamin B3: 0.53mg (2.67%), Iron: 0.47mg (2.62%), Copper: 0.04mg (2.23%), Vitamin B6: 0.04mg (2.23%), Vitamin B2: 0.04mg (2.19%), Calcium: 13.92mg (1.39%), Zinc: 0.21mg (1.39%)