



Refrigerator Pickles: Cauliflower, Carrots, Cukes, You Name It



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 6 young spring carrots peeled cut in half lengthwise
- ☐ 3 pieces cauliflower to tuck wherever they'll fit
- ☐ 1 teaspoon celery seed
- ☐ 1 teaspoon coriander seed
- ☐ 6 kirby cucumbers quartered
- ☐ 1 sprigs several of dill fresh

- ☐ 10 cloves garlic peeled
- ☐ 1 handful green beans
- ☐ 6 teaspoons kosher salt
- ☐ 1 teaspoon mustard seed
- ☐ 0.5 teaspoon pink peppercorns (if you have 'em)
- ☐ 4 small chiles red hot
- ☐ 2 cups vinegar white

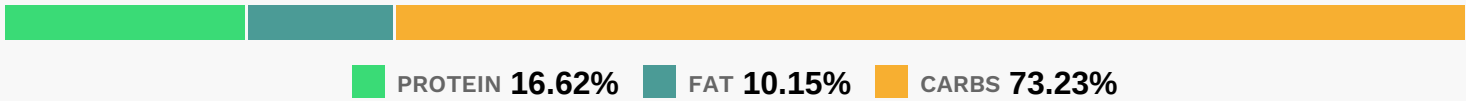
Equipment

- ☐ sauce pan
- ☐ tongs

Directions

- ☐ In a medium saucepan, bring 4 cups water to a boil, reduce the heat so the water simmers and add the garlic. Cook for 5 minutes.
- ☐ Add the vinegar and salt, raise the heat and bring to a boil, stirring until the salt dissolves.
- ☐ Remove from the heat.
- ☐ In 2 clear 1-quart jars, place a few sprigs of dill. Divide the seeds and peppercorns between the jars. Using tongs, remove the garlic from the brine and place 5 cloves in each jar. Then pack the jars full of cucumbers, carrots, scallions or green beans, cauliflower and chiles. You want them to be tightly stuffed.
- ☐ Bring the brine back to a boil, pour it over the vegetables to cover completely, let cool, then cover and refrigerate. The pickles will taste good in just a few hours, better after a couple of days. And they'll keep for about 3 months.
- ☐ Photograph by Kat Deutsch

Nutrition Facts



Properties

Glycemic Index:85.96, Glycemic Load:7.48, Inflammation Score:-10, Nutrition Score:30.127826172373%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 181.49kcal (9.07%), Fat: 1.98g (3.04%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 22.65g (8.24%), Sugar: 15.47g (17.19%), Cholesterol: 0mg (0%), Sodium: 3595.13mg (156.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Vitamin A: 16221.93IU (324.44%), Vitamin C: 128.82mg (156.15%), Vitamin K: 75.94µg (72.32%), Manganese: 1.13mg (56.65%), Vitamin B6: 0.87mg (43.51%), Potassium: 1409.6mg (40.27%), Fiber: 9.46g (37.86%), Folate: 146.48µg (36.62%), Copper: 0.53mg (26.57%), Magnesium: 105.39mg (26.35%), Phosphorus: 220.02mg (22%), Vitamin B1: 0.32mg (21.2%), Vitamin B5: 2.08mg (20.78%), Vitamin B2: 0.29mg (17.27%), Calcium: 169.14mg (16.91%), Iron: 3mg (16.68%), Vitamin B3: 2.34mg (11.72%), Zinc: 1.6mg (10.7%), Vitamin E: 1.28mg (8.51%), Selenium: 4.92µg (7.02%)