



## SippitySup's Pickled Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

### Ingredients

- ☐ 3 cup apple cider vinegar
- ☐ 1 bay leaf
- ☐ 2 tablespoon peppercorns black
- ☐ 3 tablespoon coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 2 tablespoon kosher salt
- ☐ 2 teaspoon oregano dried
- ☐ 1 pound pasilla peppers sweet hot assorted (both and )

- ☐ 3 tablespoon sugar
- ☐ 1 cup water
- ☐ 5 clove garlic cloves whole peeled

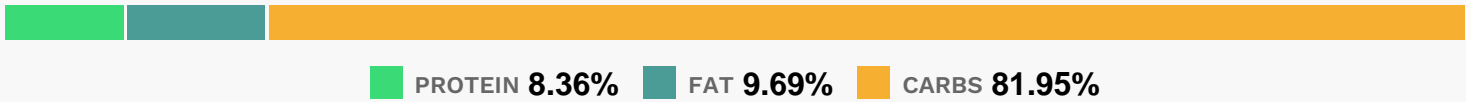
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Choose a great and colorful variety of chili peppers. Both sweet and hot. Peppers like Banana, Fresno and Jalapeno are great. But use your imagination. Slice all the peppers in half lengthwise, even the small ones.
- ☐ Place the peppers and the onion slices into a very large bowl. Set aside.
- ☐ Add all the remaining ingredients to a large, non-reactive, saucepan. Bring the mixture to a boil.
- ☐ Remove the pan from the heat and let it cool some for about 5 minutes. Then poor the hot liquid over the peppers and onions. Stirring to coat well. The liquid should nearly cover all the ingredients. If not add a bit more vinegar.
- ☐ Let the mixture cool. You may then cover the bowl and move them into the refrigerator. They will be ready to eat in about 4 hours. But will be at their best if you wait a week before eating them.You may alternatively place the peppers and onions in a jar with plenty of the brine and can and seal them according to proper procedures and store these indefinitely.

## Nutrition Facts



## Properties

Glycemic Index:19.21, Glycemic Load:3.31, Inflammation Score:-6, Nutrition Score:6.1495651835981%

## Flavonoids

Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 51.56kcal (2.58%), Fat: 0.49g (0.75%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 7.2g (2.62%), Sugar: 5.02g (5.57%), Cholesterol: 0mg (0%), Sodium: 1403.07mg (61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 37.28mg (45.19%), Manganese: 0.57mg (28.68%), Vitamin K: 9.15µg (8.72%), Fiber: 2.13g (8.52%), Vitamin B6: 0.13mg (6.56%), Iron: 1.06mg (5.89%), Potassium: 192.35mg (5.5%), Magnesium: 18.96mg (4.74%), Copper: 0.09mg (4.54%), Calcium: 41.71mg (4.17%), Vitamin A: 188.87IU (3.78%), Phosphorus: 28mg (2.8%), Vitamin B1: 0.04mg (2.44%), Vitamin E: 0.27mg (1.8%), Vitamin B3: 0.31mg (1.55%), Vitamin B2: 0.03mg (1.52%), Zinc: 0.23mg (1.51%), Folate: 5.91µg (1.48%), Selenium: 0.83µg (1.19%)