



Spicy Dill Quick Pickles



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

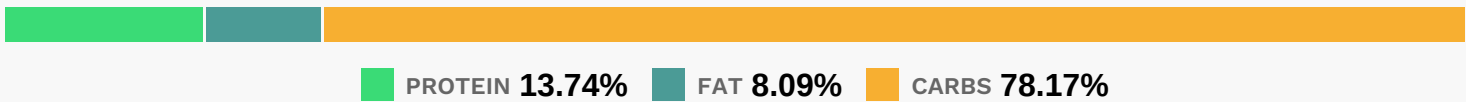
- ☐ 2 tablespoons coriander seeds
- ☐ 16 optional: dill
- ☐ 6 garlic clove halved
- ☐ 3 tablespoons kosher salt
- ☐ 4 long breadsticks green red hot halved lengthwise
- ☐ 4 servings savory vegetable
- ☐ 2 tablespoons sugar
- ☐ 1.3 cups vinegar white

Equipment

Directions

- ☐ Pack vegetables into 2 clean 1-quart glass jars. In another jar, combine the salt, sugar, vinegar, coriander and garlic. Shake until the salt and sugar dissolve.
- ☐ Add 2 cups of water and pour the brine over the vegetables. Tuck the chiles and dill between the vegetables.
- ☐ Add enough water to keep the vegetables submerged. Close the jars and refrigerate overnight or for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:63.02, Glycemic Load:8.83, Inflammation Score:-10, Nutrition Score:11.042173908052%

Flavonoids

Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 115.27kcal (5.76%), Fat: 1.02g (1.57%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 17.25g (6.27%), Sugar: 6.09g (6.77%), Cholesterol: 0mg (0%), Sodium: 5280.89mg (229.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Vitamin A: 4930.1IU (98.6%), Manganese: 0.46mg (23.1%), Fiber: 4.9g (19.59%), Vitamin C: 14.79mg (17.93%), Iron: 1.7mg (9.43%), Magnesium: 34.88mg (8.72%), Vitamin B1: 0.13mg (8.61%), Folate: 32.71µg (8.18%), Potassium: 277.18mg (7.92%), Phosphorus: 78.52mg (7.85%), Vitamin B6: 0.15mg (7.6%), Copper: 0.14mg (7.02%), Calcium: 65.23mg (6.52%), Vitamin B3: 1.3mg (6.52%), Vitamin B2: 0.1mg (6.07%), Zinc: 0.65mg (4.35%), Selenium: 2.74µg (3.91%), Vitamin B5: 0.2mg (1.95%)