



Spicy Pickled Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon peppercorns black
- ☐ 0.5 cup cider vinegar
- ☐ 1 teaspoons pepper red crushed
- ☐ 4 dill sprigs fresh
- ☐ 2 teaspoons fennel seeds
- ☐ 4 garlic cloves
- ☐ 0.5 pound green beans trimmed

- ☐ 2 tablespoons mustard seeds
- ☐ 1.3 cups red wine vinegar
- ☐ 1 tablespoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 cup vodka
- ☐ 2 quarts water
- ☐ 0.5 pound turtle beans trimmed

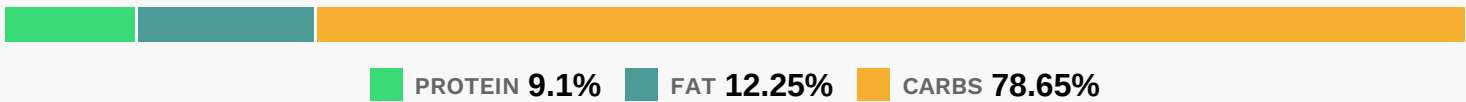
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 2 quarts water and salt to a boil in a large saucepan.
- ☐ Add beans; cook 4 minutes or until crisp-tender.
- ☐ Drain; place in a large bowl.
- ☐ Combine red wine vinegar and remaining ingredients in a medium saucepan. Bring to a boil; cook 1 minute or until sugar dissolves.
- ☐ Pour over beans; cover and marinate in refrigerator at least 24 hours. Discard dill and bay leaves.
- ☐ Drain, if desired.
- ☐ Note: Refrigerate beans in an airtight container for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:4.98, Inflammation Score:-3, Nutrition Score:3.0682608537052%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 66.88kcal (3.34%), Fat: 0.66g (1.02%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 8.46g (3.07%), Sugar: 6.81g (7.57%), Cholesterol: 0mg (0%), Sodium: 448.73mg (19.51%), Alcohol: 2.51g (100%), Alcohol %: 1.66% (100%), Protein: 1.1g (2.21%), Manganese: 0.19mg (9.63%), Vitamin K: 7.34µg (6.99%), Vitamin C: 5.44mg (6.59%), Folate: 21.64µg (5.41%), Selenium: 3.15µg (4.5%), Fiber: 1.09g (4.35%), Magnesium: 17.26mg (4.31%), Iron: 0.72mg (3.98%), Copper: 0.07mg (3.33%), Vitamin A: 159.19IU (3.18%), Calcium: 28.88mg (2.89%), Potassium: 100.06mg (2.86%), Phosphorus: 28.53mg (2.85%), Vitamin B6: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.23mg (1.53%), Vitamin B2: 0.02mg (1.46%), Vitamin E: 0.18mg (1.22%), Vitamin B3: 0.22mg (1.08%)