



Spicy Pickled Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



26

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 dill sprigs fresh
- ☐ 8 cloves garlic thinly sliced
- ☐ 1.5 pounds green beans trimmed
- ☐ 3 tablespoons kosher salt
- ☐ 4 small chiles dried red hot
- ☐ 1.5 tablespoons sugar
- ☐ 2 cups water
- ☐ 2 cups vinegar white

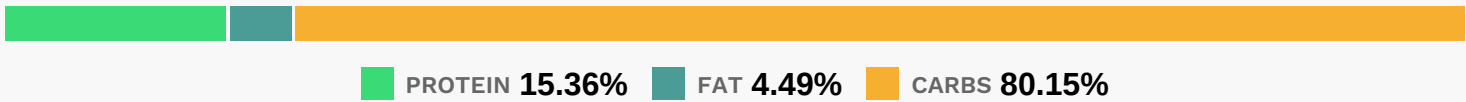
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a large saucepan; bring to a boil.
- ☐ Remove from heat; add garlic, dill, and peppers to pan.
- ☐ Let stand 1 minute.
- ☐ Pour vinegar mixture over beans in a large glass bowl; cover and refrigerate 1 week, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8.12, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:2.1086956599484%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 16.07kcal (0.8%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 808.27mg (35.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Vitamin K: 11.35µg (10.81%), Vitamin C: 3.77mg (4.57%), Vitamin A: 224.77IU (4.5%), Manganese: 0.09mg (4.47%), Fiber: 0.75g (3.02%), Vitamin B6: 0.05mg (2.48%), Folate: 9.16µg (2.29%), Magnesium: 7.41mg (1.85%), Potassium: 63.2mg (1.81%), Iron: 0.32mg (1.8%), Vitamin B2: 0.03mg (1.78%), Vitamin B1: 0.02mg (1.57%), Calcium: 14.26mg (1.43%), Copper: 0.03mg (1.31%), Phosphorus: 12.47mg (1.25%), Vitamin B3: 0.21mg (1.05%)