



Spicy Pickled Summer Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

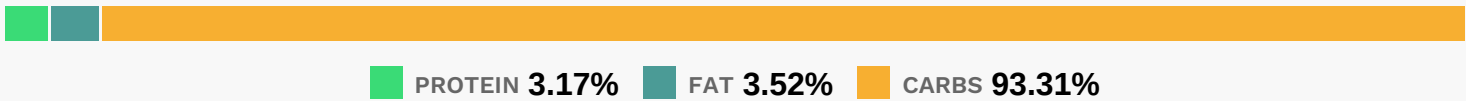
- ☐ 4 bay leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dill seed
- ☐ 1 teaspoons pepper red crushed
- ☐ 3 cups bell pepper sweet thinly sliced (such as cucumber, zucchini, squash, onion, and bell pepper)
- ☐ 4 teaspoons sea salt
- ☐ 0.7 cup sugar
- ☐ 2 cups vinegar white

Equipment

Directions

- ☐
- Combine first 8 ingredients in a quart jar. Cover tightly with lid, and shake until sugar dissolves.
- ☐
- Add vegetables to jar. Cover tightly with lid, and shake well. Chill at least 4 hours, shaking occasionally. Store in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:30.68, Glycemic Load:16.51, Inflammation Score:-9, Nutrition Score:10.204347812611%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 124.35kcal (6.22%), Fat: 0.46g (0.71%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 25.54g (9.29%), Sugar: 25.37g (28.19%), Cholesterol: 0mg (0%), Sodium: 1560.91mg (67.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin C: 95.54mg (115.81%), Vitamin A: 2437.75IU (48.75%), Vitamin B6: 0.23mg (11.38%), Manganese: 0.2mg (10.08%), Vitamin E: 1.31mg (8.72%), Folate: 34.61µg (8.65%), Fiber: 1.93g (7.72%), Potassium: 179.24mg (5.12%), Vitamin B2: 0.07mg (4.33%), Vitamin K: 4.55µg (4.33%), Vitamin B3: 0.79mg (3.96%), Iron: 0.6mg (3.35%), Magnesium: 12.77mg (3.19%), Vitamin B1: 0.04mg (2.96%), Phosphorus: 26.31mg (2.63%), Calcium: 25.24mg (2.52%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.26mg (1.72%), Copper: 0.03mg (1.7%), Selenium: 0.81µg (1.15%)