



Spicy Squash Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



134 min.

SERVINGS



12

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cider vinegar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons kosher salt divided
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup onion sweet thinly sliced (such as Vidalia)
- ☐ 1 cup water
- ☐ 0.8 pound baby squash yellow cut into 1/4-inch-thick slices
- ☐ 0.8 pound zucchini cut into 1/4-inch-thick slices

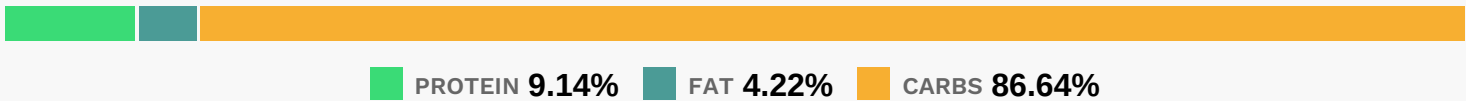
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ wire rack
- ☐ slotted spoon

Directions

- ☐ Place a wire rack on a baking sheet. Arrange zucchini and squash slices on rack; sprinkle with 1 teaspoon salt.
- ☐ Let stand 30 minutes. Rinse well under cold water; pat dry with paper towels.
- ☐ Place zucchini, squash, and onion in a medium glass bowl.
- ☐ Combine remaining 1 teaspoon salt, 1 cup water, and remaining ingredients in a small saucepan; bring to a boil, and pour over vegetables. Weigh down vegetables with a plate. Cover and refrigerate at least 2 hours or overnight.
- ☐ Drain or serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:2.02, Inflammation Score:-2, Nutrition Score:3.3913043815157%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 33.9kcal (1.7%), Fat: 0.15g (0.24%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.39g (2.32%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 394.22mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Manganese: 0.31mg (15.52%), Vitamin C: 10.21mg (12.38%), Vitamin B2: 0.15mg (9.05%), Vitamin B6: 0.12mg (5.88%), Potassium: 186.73mg (5.34%), Folate: 16.57µg (4.14%), Magnesium: 13.2mg (3.3%), Fiber: 0.67g (2.68%), Vitamin A: 125.82IU (2.52%), Phosphorus: 25.06mg (2.51%), Vitamin B1: 0.03mg (2.24%), Vitamin K: 2.13µg (2.03%), Calcium: 19.8mg (1.98%), Copper: 0.04mg (1.93%), Zinc: 0.24mg (1.61%), Iron: 0.28mg (1.55%), Vitamin B3: 0.29mg (1.43%), Vitamin B5: 0.11mg (1.09%)