



Squash Pickle Medley



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon celery seed
- ☐ 0.3 teaspoon turmeric
- ☐ 100 servings ice cubes
- ☐ 1 teaspoon mustard seeds
- ☐ 8 oz onion halved
- ☐ 0.3 cup salt
- ☐ 2 cups sugar
- ☐ 2 cups vinegar white 5% (acidity)

- ☐ 1.3 lb to 3 sized squashes yellow
- ☐ 2.5 lb zucchini

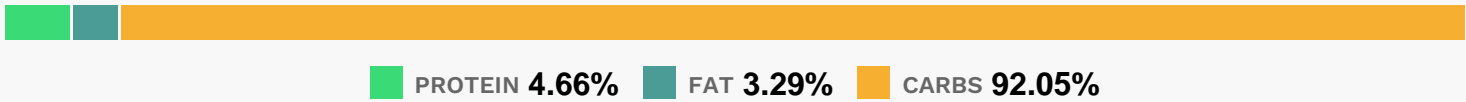
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Wash zucchini and yellow squash, and trim stem and blossom ends; cut squash crosswise into 1/4-inch slices. Toss squash and onion with salt in a very large bowl. Cover vegetables with ice cubes. Cover and let stand at room temperature 3 hours.
- ☐ Sterilize jars, and prepare lids.
- ☐ While jars are boiling, drain vegetables, but do not rinse, discarding brine and any unmelted ice. Return drained vegetables to bowl.
- ☐ Combine vinegar and next 4 ingredients in a medium stainless steel saucepan. Bring to a boil over medium-high heat.
- ☐ Pack squash and onion mixture tightly into hot jars, leaving 1/2-inch headspace. Cover vegetables with hot pickling liquid, leaving 1/2-inch headspace. Seal and process jars, processing 10 minutes.
- ☐ Remove jars from water, and let stand, undisturbed, at room temperature 24 hours. To check seals, remove the bands, and press down on the center of each lid. If the lid doesn't move, the jar is sealed. If the lid depresses and pops up again, the jar is not sealed. Store properly sealed jars in a cool, dark place up to 1 year. Refrigerate after opening.

Nutrition Facts



Properties

Glycemic Index:1.99, Glycemic Load:2.92, Inflammation Score:-1, Nutrition Score:0.84608696012393%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin:

0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 20.27kcal (1.01%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.54g (1.65%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 381.32mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin C: 3.17mg (3.84%), Manganese: 0.04mg (1.94%), Vitamin B6: 0.03mg (1.69%), Potassium: 48.51mg (1.39%), Folate: 4.85µg (1.21%), Vitamin B2: 0.02mg (1.19%)