



Sunshine Dill Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5775 min.

SERVINGS



1

CALORIES



46 kcal

SIDE DISH

Ingredients

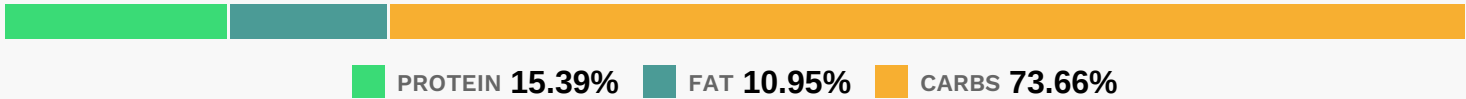
- ☐ 1 serving cucumber washed scrubbed
- ☐ 1 heads optional: dill fresh
- ☐ 0.5 cup salt
- ☐ 1 cup vinegar white

Equipment

Directions

- ☐
- In a gallon glass jar with a tight-fitting lid, place a layer of dill in the bottom, then a layer of cukes; add garlic cloves if desired. 2 Keep layering dill & cukes to the neck of the jar; finish with a layer of dill.3
- ☐
- Add green or red pepper slices along with the dill for a taste explosion!10 SUGGESTION: When scrubbing the fresh cukes, sort-as-you-go into piles of uniform size. This makes filling the jar go much quicker--looks prettier too.

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.5986956393589%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 46.45kcal (2.32%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0%), Carbohydrates: 0.19g (0.06%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 56592.41mg (2460.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Manganese: 0.3mg (14.98%), Calcium: 52.56mg (5.26%), Iron: 0.63mg (3.48%), Copper: 0.06mg (3.06%), Selenium: 1.42µg (2.03%), Vitamin A: 77.9IU (1.56%), Zinc: 0.18mg (1.22%), Magnesium: 4.68mg (1.17%), Phosphorus: 11.07mg (1.11%), Vitamin C: 0.88mg (1.07%)