



Sweet Mustard Pickles

 Vegetarian  Vegan  Dairy Free

READY IN

ready

620 min.

SERVINGS

servings

4

CALORIES

calories

1361 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 large head cauliflower chopped
- ☐ 1.7 quarts cider vinegar
- ☐ 2 cucumbers diced
- ☐ 1 tablespoon curry powder
- ☐ 1 cup flour
- ☐ 1 tablespoon ground turmeric
- ☐ 2 tablespoons ground mustard
- ☐ 6.5 pounds onions diced

- ☐ 1 cup salt
- ☐ 3.8 quarts water
- ☐ 4 cups sugar white

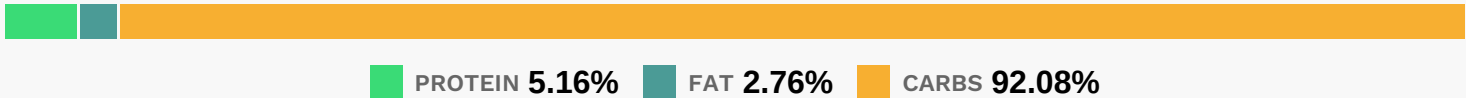
Equipment

- ☐ ladle
- ☐ pot

Directions

- ☐ Combine the water and salt in a large pot.
- ☐ Add the cauliflower, onion, and cucumber to the pot and allow to soak overnight.
- ☐ Bring the mixture to a boil over medium-high heat; simmer until the vegetables are tender; drain.
- ☐ Add the vinegar, flour, sugar, mustard powder, curry powder, and turmeric to the vegetables and bring to a boil; reduce heat to medium-low and simmer until the mixture thickens, stirring occasionally.
- ☐ Ladle into sterilized jars; seal. Process in a boiling-water canner for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:67.27, Glycemic Load:175.93, Inflammation Score:-10, Nutrition Score:41.21999976946%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 36.93mg, Isorhamnetin: 36.93mg, Isorhamnetin: 36.93mg, Isorhamnetin: 36.93mg Kaempferol: 5.55mg, Kaempferol: 5.55mg, Kaempferol: 5.55mg, Kaempferol: 5.55mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 150.76mg, Quercetin: 150.76mg, Quercetin: 150.76mg, Quercetin: 150.76mg

Nutrients (% of daily need)

Calories: 1360.74kcal (68.04%), Fat: 4.16g (6.4%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 312.23g (104.08%), Net Carbohydrates: 292.31g (106.29%), Sugar: 238.93g (265.48%), Cholesterol: 0mg (0%), Sodium: 28457.42mg (1237.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.99%), Vitamin C: 161.44mg (195.68%), Manganese: 2.95mg (147.45%), Folate: 346.6µg (86.65%), Fiber: 19.92g (79.67%), Vitamin B6: 1.42mg (71.19%), Potassium: 2332.34mg (66.64%), Vitamin B1: 0.77mg (51.37%), Vitamin K: 48.31µg (46.01%), Magnesium: 179.54mg (44.88%), Phosphorus: 441.86mg (44.19%), Copper: 0.78mg (38.78%), Iron: 6.83mg (37.95%), Selenium: 24.98µg (35.68%), Vitamin B2: 0.57mg (33.67%), Calcium: 334.84mg (33.48%), Vitamin B5: 2.83mg (28.33%), Vitamin B3: 4.13mg (20.64%), Zinc: 2.98mg (19.89%), Vitamin E: 0.94mg (6.27%), Vitamin A: 138.62IU (2.77%)