



Sweet Zucchini Pickles

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- 2 tablespoons pickling spice
- 2 cups cider vinegar
- 0.5 lb onion red
- 1 teaspoon salt
- 0.7 cup sugar
- 2 bell peppers red yellow
- 4 zucchini

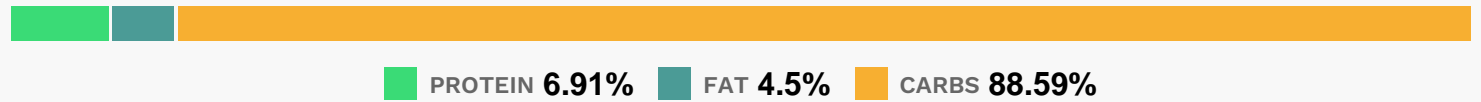
Equipment

frying pan

Directions

- Trim and discard zucchini ends. Thinly slice zucchini.
- Peel onion and cut in half lengthwise, then vertically into thin slivers.
- Mix zucchini, onion, and salt.
- Let stand 30 minutes. Rinse well and drain.
- Meanwhile, stem, seed, and cut red bell peppers into thin slivers about 2 inches long.
- In a 4- to 5-quart pan over high heat, bring vinegar, sugar, and pickling spice to a boil.
- Add bell peppers and zucchini-onion mixture.
- Remove from heat and mix well.
- Spoon vegetables and liquid into jars, cover, and let cool. Chill at least 24 hours or up to 6 weeks.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:17.07, Inflammation Score:-7, Nutrition Score:15.079565317734%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 163.39kcal (8.17%), Fat: 0.82g (1.26%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 31.97g (11.63%), Sugar: 27.57g (30.63%), Cholesterol: 0mg (0%), Sodium: 405.78mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin C: 99.09mg (120.11%), Manganese: 0.77mg (38.63%), Vitamin K: 36.41µg (34.68%), Vitamin B6: 0.38mg (18.82%), Fiber: 4.4g (17.6%), Potassium: 601.11mg (17.17%), Iron: 2.73mg (15.18%), Folate: 60.54µg (15.13%), Magnesium: 49.36mg (12.34%), Calcium: 118.72mg (11.87%), Vitamin B2: 0.17mg (10.19%), Vitamin A: 425.26IU (8.51%), Phosphorus: 83.8mg (8.38%), Copper: 0.17mg (8.29%), Vitamin E: 1.06mg (7.1%), Vitamin B1: 0.1mg (6.4%), Vitamin B3: 1.21mg (6.07%), Zinc: 0.72mg (4.78%),

Vitamin B5: 0.43mg (4.25%), Selenium: 1.01µg (1.44%)