



Zucchini-and-Squash Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



1

CALORIES



807 kcal

SIDE DISH

Ingredients



0.5 cup apple cider vinegar



1 teaspoon celery seed



0.3 teaspoon ground mustard dry



2.5 tablespoons kosher salt



1 teaspoon mustard seeds



1 onion red halved cut into 1/8-inch-thick slices



0.5 cup rice vinegar



0.8 cup sugar

- ☐ 12 oz to 3 sized squashes yellow
- ☐ 12 oz zucchini

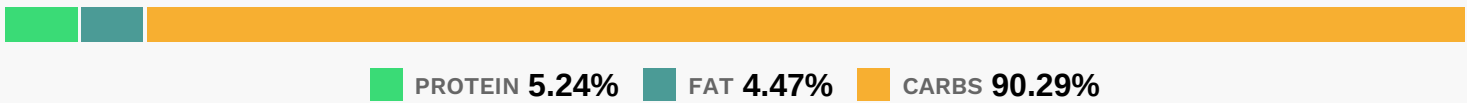
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ mandoline
- ☐ colander

Directions

- ☐ Cut zucchini and yellow squash lengthwise into 1/8-inch-thick slices, using a mandoline or sharp knife.
- ☐ Spread zucchini, yellow squash, and onion in a single layer on 2 parchment paper-lined baking sheets.
- ☐ Sprinkle with salt.
- ☐ Let stand 1 hour.
- ☐ Transfer to a colander, rinse, and drain.
- ☐ Place in a widemouthed 1-qt. jar, filling to 1/2 inch from top.
- ☐ Bring vinegars to a boil in a medium saucepan over medium heat.
- ☐ Add sugar; cook, stirring constantly, 3 to 5 minutes or until dissolved. Stir in next 3 ingredients. Bring to a boil, immediately remove from heat, and pour over vegetables. Cool 1 hour. Cover and chill 3 days before serving. Refrigerate up to 2 months.

Nutrition Facts



Properties

Glycemic Index:234.09, Glycemic Load:110.98, Inflammation Score:-9, Nutrition Score:33.43695640564%

Flavonoids

Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg Luteolin: 15.27mg, Luteolin: 15.27mg, Luteolin: 15.27mg, Luteolin: 15.27mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 24.58mg, Quercetin: 24.58mg, Quercetin: 24.58mg, Quercetin: 24.58mg

Nutrients (% of daily need)

Calories: 807.43kcal (40.37%), Fat: 4.06g (6.25%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 184.62g (61.54%), Net Carbohydrates: 174.95g (63.62%), Sugar: 171.13g (190.15%), Cholesterol: 0mg (0%), Sodium: 17493.2mg (760.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.43%), Vitamin C: 127.46mg (154.49%), Manganese: 2mg (99.75%), Vitamin B6: 1.46mg (72.99%), Potassium: 2090.03mg (59.72%), Folate: 207.07µg (51.77%), Vitamin B2: 0.88mg (51.53%), Magnesium: 159.52mg (39.88%), Fiber: 9.68g (38.71%), Phosphorus: 345.03mg (34.5%), Vitamin A: 1365.1IU (27.3%), Vitamin B1: 0.4mg (26.8%), Iron: 4.4mg (24.45%), Copper: 0.49mg (24.39%), Vitamin K: 25.46µg (24.25%), Calcium: 203.73mg (20.37%), Zinc: 2.73mg (18.23%), Vitamin B3: 3.55mg (17.73%), Selenium: 11.14µg (15.91%), Vitamin B5: 1.38mg (13.85%), Vitamin E: 1.04mg (6.92%)