



Zucchini Dill Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons brown mustard seeds yellow
- ☐ 4 pepper flakes split red
- ☐ 1 teaspoon coriander seeds
- ☐ 12 optional: dill fresh
- ☐ 1 teaspoon dill seed
- ☐ 4 garlic clove halved
- ☐ 0.3 teaspoon saffron threads
- ☐ 4 tablespoons sea salt divided

- ☐ 0.3 cup sugar
- ☐ 2.5 cups citrus champagne vinegar
- ☐ 2 pounds zucchini trimmed (preferably 4" or 8" long)

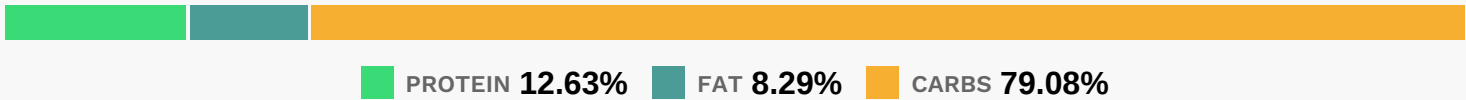
Equipment

- ☐ bowl
- ☐ tongs

Directions

- ☐ If using 4" zucchini, halve lengthwise. If using 8" zucchini, halve crosswise, then quarter lengthwise.
- ☐ Place in a large bowl.
- ☐ Add 2 tablespoons salt and 4 cups ice.
- ☐ Add cold water to cover. Top with a plate to keep submerged.
- ☐ Let sit for 2 hours.
- ☐ Drain; rinse.
- ☐ Divide dill sprigs and next 6 ingredients between 2 clean, hot 1-quart jars; set aside.
- ☐ Bring vinegar, sugar, remaining 2 tablespoons salt, and 1 1/4 cups water to a boil in a large saucepan. Working in batches, add zucchini and cook, stirring occasionally, until khaki in color and slightly pliable, about 2 minutes. Using tongs, transfer zucchini to jars.
- ☐ Divide hot syrup between jars to cover zucchini, leaving 1/2" space on top. Wipe rims, seal, and process in a boiling water bath for 10 minutes. Allow at least a week to pickle before eating.

Nutrition Facts



Properties

Glycemic Index:61.27, Glycemic Load:11.23, Inflammation Score:-8, Nutrition Score:16.211304446925%

Flavonoids

Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 142.19kcal (7.11%), Fat: 1.2g (1.84%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 22.26g (8.1%), Sugar: 20.56g (22.85%), Cholesterol: 0mg (0%), Sodium: 7013.34mg (304.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin C: 109.72mg (132.99%), Manganese: 0.68mg (34.15%), Vitamin B6: 0.64mg (32.09%), Potassium: 843.99mg (24.11%), Vitamin A: 1114.13IU (22.28%), Folate: 69.51µg (17.38%), Vitamin B2: 0.27mg (15.85%), Magnesium: 62.92mg (15.73%), Vitamin K: 16.11µg (15.34%), Iron: 2.46mg (13.68%), Fiber: 3.4g (13.58%), Phosphorus: 127.98mg (12.8%), Copper: 0.22mg (11.11%), Vitamin B1: 0.15mg (9.73%), Vitamin B3: 1.68mg (8.39%), Calcium: 79.31mg (7.93%), Zinc: 1.02mg (6.82%), Vitamin B5: 0.58mg (5.83%), Vitamin E: 0.59mg (3.92%), Selenium: 1.5µg (2.14%)