



## Zucchini Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

## Ingredients

- 2 cups apple cider vinegar
- 1 teaspoon celery seed
- 1 teaspoon ground turmeric
- 2 teaspoons mustard seeds
- 0.5 pound onions thinly sliced quartered
- 0.3 cup salt
- 2 cups sugar white
- 1 teaspoon mustard yellow prepared

- 2 pounds zucchini thinly sliced
- 3 quart canning jars with lids and rings
- 3 quart canning jars with lids and rings

## Equipment

- bowl
- paper towels
- sauce pan
- knife
- pot
- spatula

## Directions

- Place zucchini and onions into a large bowl, cover with water, and stir in salt until dissolved.
- Let the vegetables soak in the salted water for at least 2 hours; drain and transfer to a large heatproof bowl.
- Bring sugar, vinegar, celery seed, turmeric, mustard, and mustard seeds to a boil in a saucepan; pour the mixture over the zucchini and onions.
- Let the mixture stand for at least 2 more hours. Return zucchini, onions, and pickling liquid with spices to a large pot and bring to a boil. Boil for 3 minutes.
- While vegetables are soaking in pickling liquid, sterilize jars and lids in boiling water for at least 5 minutes. Pack the zucchini and onion into the hot, sterilized jars, filling the jars to within 1/4 inch of the top with pickling liquid. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for 10 minutes.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area, and wait at least

24 hours before opening.

## Nutrition Facts

**PROTEIN 3.23%** **FAT 3.43%** **CARBS 93.34%**

### Properties

Glycemic Index:31.52, Glycemic Load:48.1, Inflammation Score:-10, Nutrition Score:8.8543477991353%

### Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

### Nutrients (% of daily need)

Calories: 322.3kcal (16.11%), Fat: 1.24g (1.91%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 76.05g (25.35%), Net Carbohydrates: 73.63g (26.77%), Sugar: 72.33g (80.36%), Cholesterol: 0mg (0%), Sodium: 4743.77mg (206.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin C: 30.08mg (36.46%), Manganese: 0.61mg (30.44%), Vitamin B6: 0.31mg (15.27%), Potassium: 531.99mg (15.2%), Folate: 45.31µg (11.33%), Magnesium: 41.31mg (10.33%), Vitamin B2: 0.17mg (9.99%), Fiber: 2.42g (9.69%), Phosphorus: 86.69mg (8.67%), Iron: 1.26mg (7.03%), Vitamin B1: 0.1mg (6.45%), Vitamin K: 6.76µg (6.44%), Copper: 0.12mg (6.16%), Vitamin A: 304.23IU (6.08%), Calcium: 51.73mg (5.17%), Selenium: 3.4µg (4.86%), Zinc: 0.7mg (4.68%), Vitamin B3: 0.81mg (4.03%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.26mg (1.71%)