

Homemade Low-Carb Zucchini Pickles

Hands-on 15 minutes Overall 2 hours 20 minutes

Nutritional values (per serving, 2 tbsp/ 50 g/ 1.8 oz): Total carbs: 3.2 g, Fiber: 0.8 g,

Net carbs: 2.5 g, Protein: 0.8 g, Fat: 0.3 g, Calories: 22 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 2 large jars)

- 1 kg small zucchini, sliced (2.2 lb)
- 2 medium yellow onions, sliced (220 g/ 7.8 oz)
- 1/4 cup salt (73 g/ 2.5 oz)
- 2/3 cup granulated Erythritol or Swerve (133 g/ 4.7 oz)
- 2 tsp celery seeds
- 1 tsp mustard seeds
- 1 tsp ground turmeric
- 1/2 tsp mustard powder
- 2 1/4 cups apple cider vinegar (530 ml/ 18 fl oz)

Nutrition facts are estimated as some of the ingredients are only used for pickling (due to negligible effects on nutrition facts, I fully included them in the calculation). Only salt is counted partially to more accurately reflect the sodium content per serving (as listed in the KetoDiet App).

Instructions

1. Wash your zucchini and trim the ends.
2. Using a sharp knife or a mandolin, slice the unpeeled zucchini very thinly. Cut the onions into small wedges and separate the layers.
3. Put the zucchini and the onion into a large bowl and sprinkle with the salt and cover with water.
4. Leave for one hour, and then drain.
5. Combine vinegar, Erythritol, and spices in a large saucepan and bring to the boil. Take saucepan off the heat.
6. Place the drained zucchini mix into the vinegar and leave to soak for one hour.
7. Return pan to the heat and bring to the boil. Reduce heat and simmer for three minutes.
8. Spoon into sterilised jars, top off with the vinegar blend and cap tightly. Once opened, store in the refrigerator for up to 2 months.

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