

Sweet & Spicy Pickled Jalapeños

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving, 1/4 cup, 28 g/ 1 oz): Total carbs: 1.8 g, Fiber: 0.5 g,

Net carbs: 1.3 g, Protein: 0.2 g, Fat: 0.1 g, Calories: 9 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 pints, 16 servings)

- 20 jalapeño peppers (280 g/ 9.9 oz)
- 1 1/2 cups water (360 ml/ 12 fl oz)
- 1/4 cup apple cider vinegar (60 ml/ 2 fl oz)
- 6 oz powdered Erythritol or Swerve (170 g)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp cayenne pepper
- 1/2 tsp sea salt

Instructions

1. Slice the jalapeños into rounds. Place the jalapeños in a saucepan.
2. In a small jar or bowl whisk together the remaining ingredients. Pour over the jalapeños.
3. Place to pot over high heat and bring to a boil, once boiling reduce to a simmer for 10-12 minutes until the jalapeños are soft.
4. Transfer to lidded jars and store in the refrigerator for up to two weeks.

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