



Pickled Fennel

Refreshing and crisp, use as a side dish or a condiment

<u>U.S.</u>		<u>Metric</u>
2 cups	Water	473.2 mL
1 cup	Cane Vinegar	236.6 mL
1 Tbsp	Sugar	12.4 g
1 tsp	Salt, Kosher	6 g
1 tsp	Black Pepper, whole	3 g
2 Tbsp	Pickling Spice	5.4 g
1 Tbsp	Dill, fresh	3.6 g
2 bulbs	Fennel, thinly sliced	2 bulbs

Preparation:

1. Gather all ingredients and equipment.
2. Combine the water, vinegar, sugar, salt, pepper, pickling spice and dill in a pot. Bring the mixture to a boil.
3. Thinly slice the fennel or shave thin slices using a mandolin.
4. When the mixture has boiled, strain the liquid and pour over the shaved fennel. Allow to cool

Nutrition Facts

Serving size **1/4 cup**
Servings **6**

Calories	25
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	60 mg
Carbohydrates	6 g
Dietary Fiber	3 g
Sugars	0 g
Protein	0 g
Vitamin A	4 %
Calcium	3 %
Vitamin C	15 %
Iron	3 %
Phosphorus	0 mg
