

# Pickled Sweet Cherries

Robert Rodriguez - *The Sacramento Bee*  
*Scripps Treasure Coast Newspapers*

*1/3 cup + 1 tablespoon sugar*  
*1 1/4 teaspoons coarse sea salt*  
*1 star anise (optional)*  
*1 stick cinnamon, broken in half*  
*6 whole cloves*  
*1/2 cup white vinegar*  
*1 3/4 cups water*  
*1 pound fresh cherries, pitted*

In a small saucepan, combine 1-3/4 cups of water with the sugar, salt, star anise, cinnamon stick and cloves. Bring to a boil. Lower the heat. Simmer, stirring occasionally, for 3 minutes. Remove from the heat. Let steep for 5 minutes. Stir in the vinegar.

Place the cherries in a one-quart (four cup) glass jar. Pour in enough vinegar mixture to cover the cherries and almost completely fill the jar (you can either strain out the whole spices or place them in the jar).

Place the jar on a wire rack and cool to room temperature. Cover and refrigerate for at least two hours and no more than two weeks.

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Per Serving (excluding unknown items): 395 Calories; 8g Fat (15.6% calories from fat); 3g Protein; 97g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 112mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Fat; 4 1/2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	395	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	15.6%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	82.2%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	2.2%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	8g	<b>Folacin (mcg):</b>	39mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	0
		<b>% Refuse:</b>	0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	97g
Dietary Fiber (g):	17g
Protein (g):	3g
Sodium (mg):	112mg
Potassium (mg):	591mg
Calcium (mg):	355mg
Iron (mg):	7mg
Zinc (mg):	1mg
Vitamin C (mg):	34mg
Vitamin A (i.u.):	228IU
Vitamin A (r.e.):	22 1/2RE

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## Food Exchanges

Grain (Starch):	2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	4 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 395 Calories from Fat: 61

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### % Daily Values\*

<b>Total Fat</b> 8g	13%
Saturated Fat 2g	11%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 112mg	5%
<b>Total Carbohydrates</b> 97g	32%
Dietary Fiber 17g	69%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	5%
<b>Vitamin C</b>	57%
<b>Calcium</b>	36%
<b>Iron</b>	38%

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\* Percent Daily Values are based on a 2000 calorie diet.