

# SPRUCE TIP VINEGAR

## INGREDIENTS:

- 2 cups red wine vinegar
- 1 cup spruce tips, roughly chopped
- 1 teaspoon black peppercorns

## DIRECTIONS:

1. Mix all the ingredients, put in a jar, and cover.
2. Let the vinegar sit at room temperature for 10 days, shaking the jar from time to time.
3. Strain into a sterilized bottle.

## Nutrition Facts

Serving Size 2 cups (533g)  
Servings Per Container 1

Amount Per Serving

**Calories 5**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 75mg**      **3%**

**Total Carbohydrate 1g**      **0%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein 0g**

Vitamin A 20%      • Vitamin C 8%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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