



Asian Five-Spice Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 5 cilantro sprigs
- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 optional: lemon
- ☐ 1 teaspoon pink peppercorns
- ☐ 1 cup rice vinegar
- ☐ 1 teaspoon broken star anise pieces

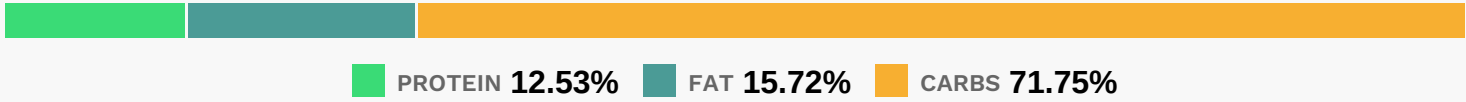
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Combine first 5 ingredients in a nonaluminum saucepan; simmer over low heat 10 minutes.
- ☐ Remove from heat, and cool.
- ☐ Pour into a widemouthed jar; cover and let stand for 2 weeks in a cool, dark place, gently shaking jar occasionally.
- ☐ Strain the vinegar mixture through a cheesecloth-lined sieve into a glass measure or medium bowl; discard solids.
- ☐ Cut 1 strip from rind of lemon; cut into very thin slices to equal 1 teaspoon.
- ☐ Pour vinegar into a decorative bottle; add pink peppercorns, lemon rind strips, and cilantro. Seal with a cork or other airtight lid; store in a cool, dark place.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:3.2952174051948%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 28.74kcal (1.44%), Fat: 0.42g (0.65%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 2.82g (1.03%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 3.63mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Vitamin C: 15.38mg (18.64%), Manganese: 0.23mg (11.67%), Vitamin K: 9.55µg (9.1%), Fiber: 1.51g (6.03%), Iron: 0.88mg (4.88%), Vitamin A: 184.54IU (3.69%), Calcium: 29.09mg

(2.91%), Potassium: 92.6mg (2.65%), Copper: 0.05mg (2.57%), Magnesium: 9.32mg (2.33%), Vitamin B6: 0.04mg (1.87%), Phosphorus: 17.52mg (1.75%), Vitamin B1: 0.02mg (1.28%), Folate: 4.89µg (1.22%)