



## Bread-and-Butter Radishes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1475 min.

SERVINGS



1

CALORIES



228 kcal

### Ingredients

- 1 bay leaves
- 0.3 teaspoon peppercorns whole black
- 0.5 teaspoon brown mustard seeds yellow
- 0.3 teaspoon coriander seeds
- 0.3 cup granulated sugar
- 2 teaspoons kosher salt
- 1 bunch radishes red ( 10 to 13 radishes)
- 0.5 cup red wine vinegar
- 0.3 cup water

# Equipment

- sauce pan

# Directions

- Combine all of the ingredients except the radishes in a small saucepan and bring to a simmer over medium-high heat, stirring occasionally until the sugar has dissolved.
- Remove the brine from the heat and let it cool for 5 minutes. Meanwhile, prepare the radishes. Trim the leafy tops off (discard or save for another use) and wash the radishes. Thinly slice and place in a pint jar. When the brine is ready, pour it into the jar, making sure to cover the radishes completely. Allow to cool to room temperature, about 20 minutes. Seal the jar with a tightfitting lid and shake or rotate it to evenly distribute the brine and spices. Refrigerate and let pickle at least 1 day before using. The pickles can be kept in the refrigerator for up to 5 days.

# Nutrition Facts

**PROTEIN 1.08%** **FAT 1.5%** **CARBS 97.42%**

# Properties

Glycemic Index:134.09, Glycemic Load:35.33, Inflammation Score:-1, Nutrition Score:2.934782633315%

# Flavonoids

Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg

# Nutrients (% of daily need)

Calories: 228.02kcal (11.4%), Fat: 0.36g (0.56%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 51.57g (18.75%), Sugar: 50.84g (56.49%), Cholesterol: 0mg (0%), Sodium: 4683.9mg (203.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Manganese: 0.26mg (13.13%), Vitamin C: 8.15mg (9.88%), Iron: 1.01mg (5.6%), Potassium: 186.92mg (5.34%), Fiber: 1.32g (5.28%), Copper: 0.07mg (3.69%), Magnesium: 14.33mg (3.58%), Calcium: 34.21mg (3.42%), Folate: 12.95µg (3.24%), Phosphorus: 23.87mg (2.39%), Vitamin K: 2.45µg (2.34%), Vitamin B6: 0.04mg (2.03%), Vitamin B2: 0.03mg (1.94%), Zinc: 0.24mg (1.61%), Selenium: 0.9µg (1.29%)