



Crunchy Sake Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



344 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 large basil thinly sliced
- ☐ 1 pepper flakes red cut into 1/2" rings
- ☐ 1.5 tablespoons kosher salt
- ☐ 2 pounds savory vegetable mixed english such as 4x1/2" spears of hothouse or persian cucumbers, 4x1/4" spears of peeled carrots, and quartered radishes
- ☐ 3 tablespoons rice wine
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 2 teaspoons sesame seed

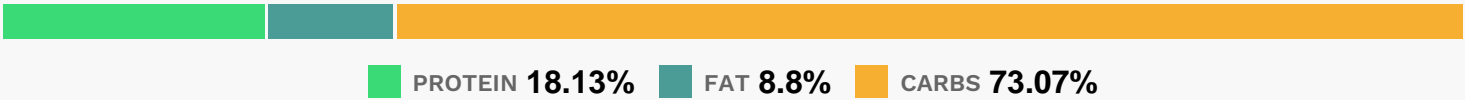
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ colander
- ☐ canning jar

Directions

- ☐ Toss 2 pounds mixed vegetables,such as 4x1/2" spears ofEnglish hothouse or Persiancucumbers, 4x1/4" spears ofpeeled carrots, and quarteredradishes, with 1 1/2 tablespoons koshersalt in a large wide nonreactivebowl. Press plastic wrap onsurface of vegetables.
- ☐ Placea small plate over, then weighdown with two 28-ounce cans (suchas canned tomatoes).
- ☐ Let standat room temperature for 2 hours.
- ☐ Remove cans, plate, andplastic wrap; transfer vegetablesto a colander. Rinse well withcold water.
- ☐ Transfer drainedvegetables to a large bowl.
- ☐ Add8 thinly sliced shiso or largebasil leaves, 1 red Fresno chileor jalapeño cut into 1/2" rings,3 tablespoons sake, 2 tablespoons seasonedrice vinegar, 2 teaspoons sesameseeds, and 1 teaspoon finely gratedpeeled ginger. Toss to coat;cover and refrigerate, tossingoccasionally, for at least 1 hour.DO AHEAD: Pickles can be made1 week ahead. Keep chilled,tossing occasionally.
- ☐ To serve, use a slotted spoonto transfer vegetables frompickling liquid to large mugs,mason jars, or bowls.

Nutrition Facts



Properties

Glycemic Index:122.5, Glycemic Load:20.15, Inflammation Score:-10, Nutrition Score:29.914782684782%

Nutrients (% of daily need)

Calories: 344.16kcal (17.21%), Fat: 3.46g (5.33%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 64.68g (21.56%), Net Carbohydrates: 45.94g (16.7%), Sugar: 1.21g (1.34%), Cholesterol: 0mg (0%), Sodium: 5448.6mg (236.9%), Alcohol: 3.62g (100%), Alcohol %: 0.86% (100%), Protein: 16.04g (32.09%), Vitamin A: 23332.2IU (466.64%), Vitamin C: 79.79mg (96.72%), Fiber: 18.74g (74.97%), Manganese: 1.24mg (61.94%), Vitamin B1: 0.59mg (39.06%), Folate: 139.74µg (34.94%), Magnesium: 123.73mg (30.93%), Vitamin B3: 6.06mg (30.32%), Potassium: 1055.17mg (30.15%), Phosphorus: 292.76mg (29.28%), Vitamin B6: 0.57mg (28.38%), Iron: 4.95mg (27.52%), Copper: 0.55mg (27.29%), Vitamin B2: 0.41mg (24.18%), Zinc: 2.29mg (15.25%), Calcium: 144.21mg (14.42%), Vitamin K: 9.79µg (9.32%), Vitamin B5: 0.79mg (7.89%), Selenium: 3.03µg (4.33%), Vitamin E: 0.17mg (1.15%)