



## Crunchy Sake Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



345 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 8 large basil thinly sliced
- ☐ 1 pepper flakes red cut into 1/2" rings
- ☐ 1 teaspoon ginger finely grated peeled
- ☐ 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

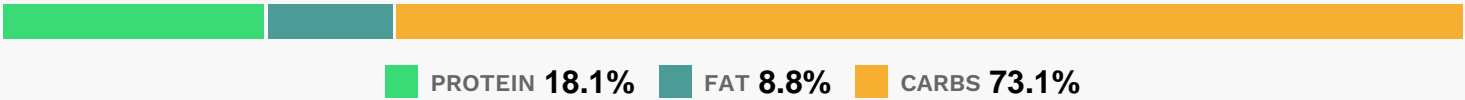
## Equipment

- ☐ 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:130, Glycemic Load:20.17, Inflammation Score:-10, Nutrition Score:29.955217480659%

## Nutrients (% of daily need)

Calories: 344.96kcal (17.25%), Fat: 3.47g (5.34%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 64.86g (21.62%), Net Carbohydrates: 46.09g (16.76%), Sugar: 1.23g (1.36%), Cholesterol: 0mg (0%), Sodium: 5448.73mg (236.9%), Alcohol: 3.62g (100%), Alcohol %: 0.86% (100%), Protein: 16.06g (32.12%), Vitamin A: 23332.2IU (466.64%), Vitamin C: 79.84mg (96.78%), Fiber: 18.76g (75.05%), Manganese: 1.24mg (62.05%), Vitamin B1: 0.59mg (39.08%), Folate: 139.85µg (34.96%), Magnesium: 124.16mg (31.04%), Vitamin B3: 6.07mg (30.36%), Potassium: 1059.32mg (30.27%), Phosphorus: 293.1mg (29.31%), Vitamin B6: 0.57mg (28.46%), Iron: 4.96mg (27.56%), Copper: 0.55mg (27.4%), Vitamin B2: 0.41mg (24.2%), Zinc: 2.29mg (15.27%), Calcium: 144.37mg (14.44%), Vitamin K: 9.79µg (9.32%), Vitamin B5: 0.79mg (7.91%), Selenium: 3.04µg (4.34%), Vitamin E: 0.18mg (1.17%)