



Firecrackers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound carrots mini
- ☐ 1 teaspoon chili flakes
- ☐ 1.5 cups cider vinegar
- ☐ 2 chilies dried
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 teaspoon mustard seeds
- ☐ 1 teaspoon onion powder
- ☐ 1 cup sugar

☐ 1 cup water

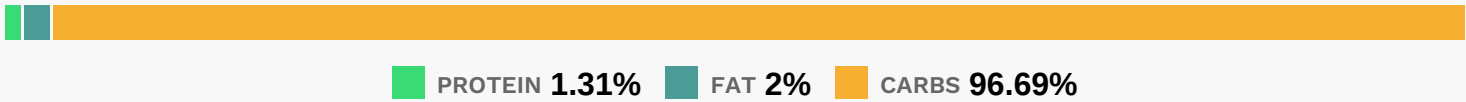
Equipment

☐ sauce pan

Directions

- ☐ Place carrots in a spring-top glass jar. Bring the water, sugar, cider vinegar, onion powder, mustard seeds, salt, and chili flakes to a boil in a non-reactive saucepan. Boil for 4 minutes.
- ☐ Slowly pour the hot pickling liquid over the carrots, filling the jar to the top.
- ☐ Place the chilies in the jar. Allow the carrots to cool before sealing. Refrigerate for 2 days up to 1 week.

Nutrition Facts



Properties

Glycemic Index:39.23, Glycemic Load:37.04, Inflammation Score:-10, Nutrition Score:8.133478226869%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 240.4kcal (12.02%), Fat: 0.52g (0.8%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 56.99g (19%), Net Carbohydrates: 55.03g (20.01%), Sugar: 53.14g (59.05%), Cholesterol: 0mg (0%), Sodium: 927.96mg (40.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin A: 9686.73IU (193.73%), Manganese: 0.33mg (16.74%), Vitamin K: 8.32µg (7.93%), Fiber: 1.96g (7.82%), Potassium: 270.16mg (7.72%), Vitamin B6: 0.1mg (4.79%), Vitamin C: 3.57mg (4.33%), Vitamin E: 0.59mg (3.95%), Magnesium: 14.82mg (3.7%), Phosphorus: 33.63mg (3.36%), Vitamin B3: 0.66mg (3.28%), Calcium: 32.48mg (3.25%), Vitamin B2: 0.05mg (3.03%), Iron: 0.54mg (2.99%), Folate: 11.97µg (2.99%), Vitamin B1: 0.04mg (2.95%), Copper: 0.06mg (2.86%), Selenium: 1.41µg (2.02%), Vitamin B5: 0.17mg (1.68%), Zinc: 0.25mg (1.68%)