



Fresh Pickle Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 1 pound cucumber english finely chopped
- ☐ 2 teaspoons ginger grated peeled
- ☐ 1 teaspoon turmeric
- ☐ 1 teaspoon kosher salt plus more
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup rice vinegar
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons mustard seeds yellow

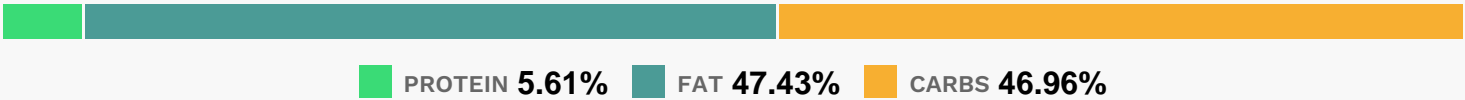
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Place cucumber in a fine-mesh sieve set over a medium bowl; toss with 1 teaspoon salt.
- ☐ Let sit 10 minutes, then squeeze well to remove as much moisture as possible (do not rinse).
- ☐ Meanwhile, heat oil in a small saucepan over medium heat.
- ☐ Add mustard seeds and cook, stirring, just until they begin to pop, about 1 minute.
- ☐ Mix in ginger and turmeric and cook until fragrant, about 1 minute.
- ☐ Add vinegar and sugar and cook until syrupy, about 5 minutes longer.
- ☐ Mix in cucumber; transfer to a small bowl and season with salt.
- ☐ Let cool.
- ☐ DO AHEAD: Relish can be made 1 week ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:19.39, Glycemic Load:2.24, Inflammation Score:-9, Nutrition Score:1.8508695649064%

Nutrients (% of daily need)

Calories: 40.39kcal (2.02%), Fat: 2.1g (3.23%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.13g (1.5%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 292.32mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin K: 7.28µg (6.94%), Manganese: 0.09mg (4.36%), Potassium: 91.37mg (2.61%), Magnesium: 10.39mg (2.6%), Copper: 0.05mg (2.44%), Selenium: 1.7µg (2.43%), Vitamin C: 1.96mg (2.37%), Folate: 9.31µg (2.33%), Fiber: 0.55g (2.2%), Phosphorus: 19.38mg (1.94%), Vitamin B6: 0.04mg (1.86%), Iron: 0.31mg (1.71%), Vitamin B1: 0.02mg (1.61%), Vitamin B5: 0.14mg (1.43%), Vitamin E: 0.2mg (1.35%), Calcium: 11.32mg (1.13%), Zinc: 0.16mg (1.04%), Vitamin B2: 0.02mg (1.03%)