



WHATSheATE



Gingered Pickled Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



149 kcal

SIDE DISH

Ingredients



1 pound smaller carrots organic



3 tablespoons matchsticks of ginger fresh peeled



1 tablespoon kosher salt



0.3 cup sugar



1 cup vinegar

Equipment

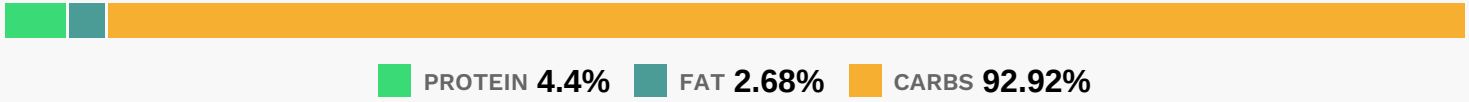


sauce pan

Directions

- ☐ Peel the carrots and cut them into batons about 4 inches long by 1/2-inch thick. Toss with the ginger and pack into clean, sterilized jars.
- ☐ Combine 1 cup water with the vinegar, turbinado sugar, and salt in a saucepan and bring to a boil.
- ☐ Pour the mixture over the carrots, leaving about 1/2 inch of space at the top of each jar.
- ☐ At this point the pickles are pretty much done but they will be at their best a day or two later. The shelf life, without hot canning processing, is about 10 days. With proper canning, it is 6 to 8 months.
- ☐ Reprinted with permission from A New Turn in the South by Hugh Acheson, © 2011 Clarkson PotterHUGH ACHESON is the chef/partner of the Athens, Georgia, restaurants Five and Ten (named best Atlanta restaurant by the Atlanta Journal-Constitution) and The National; the shop Gosford Wine; and his Atlanta restaurant, Empire State South. He is a five-time James Beard nominee for "Best Chef Southeast" and was named "Best New Chef" by Food & Wine. He lives in Athens with his wife and their two daughters.

Nutrition Facts



Properties

Glycemic Index:37.28, Glycemic Load:4.98, Inflammation Score:-10, Nutrition Score:11.10434782505%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 149.39kcal (7.47%), Fat: 0.42g (0.64%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 28.02g (10.19%), Sugar: 23.85g (26.5%), Cholesterol: 0mg (0%), Sodium: 2432.92mg (105.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin A: 25259.05IU (505.18%), Vitamin K: 19.97µg (19.01%), Fiber: 4.37g (17.49%), Potassium: 519.9mg (14.85%), Manganese: 0.29mg (14.63%), Vitamin C: 9.27mg (11.24%), Vitamin B6: 0.22mg (10.99%), Vitamin B3: 1.54mg (7.69%), Folate: 29.5µg (7.37%), Vitamin E: 1.02mg (6.77%), Vitamin B1: 0.1mg (6.77%), Calcium: 59.56mg (5.96%), Phosphorus: 58.87mg (5.89%), Magnesium: 22.4mg (5.6%), Vitamin B2: 0.09mg (5.3%), Copper: 0.09mg (4.61%), Vitamin B5: 0.43mg (4.27%), Iron: 0.6mg

(3.35%), Zinc: 0.41mg (2.71%)