



Homemade Hot Giardiniera

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



980 min.

SERVINGS



3

CALORIES



309 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 cups canola oil
- 1 cup small-diced carrots
- 1 cup tiny cauliflower florets
- 1 stalk celery diced
- 2 cloves garlic minced
- 1 tablespoon oregano dried
- 1 small bell pepper diced red

4 to 8 serrano peppers sliced (depending on heat level desired)

0.3 cup salt

Equipment

bowl

canning jar

Directions

Combine 2 cups water and the salt in a glass or non-reactive bowl.

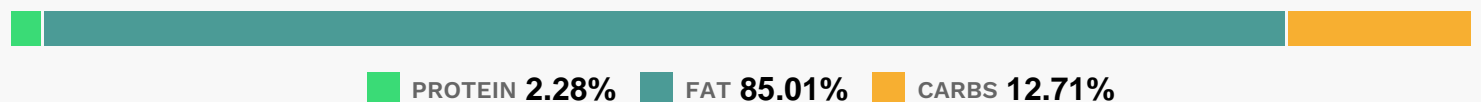
Mix until the salt is dissolved.

Add the carrots, cauliflower, serranos, garlic, celery and bell pepper to the salt water and stir to combine. Cover and refrigerate overnight.

Day 2, drain and rinse the vegetables. In a clean bowl, mix together the oil with the oregano and pepper.

Add the vegetables and mix to combine. Allow to marinate overnight. Giardiniera will only get better with time. After 2 days at the most in the bowl, you can place in air-tight mason jars and keep in the fridge for at least 2 to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:69.94, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:16.416086761848%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 308.92kcal (15.45%), Fat: 30.29g (46.59%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 6.46g (2.35%), Sugar: 4.27g (4.74%), Cholesterol: 0mg (0%), Sodium: 9483.83mg (412.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Vitamin A: 8065.39IU (161.31%), Vitamin C:

54.83mg (66.45%), Vitamin K: 49.09µg (46.76%), Vitamin E: 6.33mg (42.17%), Manganese: 0.35mg (17.62%), Fiber: 3.72g (14.89%), Vitamin B6: 0.29mg (14.27%), Folate: 49.16µg (12.29%), Potassium: 382.71mg (10.93%), Iron: 1.23mg (6.83%), Calcium: 66.91mg (6.69%), Magnesium: 22.12mg (5.53%), Vitamin B3: 1.09mg (5.45%), Vitamin B2: 0.09mg (5.38%), Vitamin B5: 0.5mg (4.98%), Phosphorus: 48.47mg (4.85%), Vitamin B1: 0.07mg (4.84%), Copper: 0.08mg (3.98%), Zinc: 0.39mg (2.59%), Selenium: 0.75µg (1.07%)