

## Hurry Curry Cauliflower

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10105 min.

SERVINGS



4

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon canola oil
- 1 head cauliflower cut into florets
- 0.5 cup apple cider vinegar
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 2 teaspoons curry powder
- 1 teaspoon ginger fresh minced
- 1 cup rice vinegar

- 1 teaspoon salt
- 3 tablespoons sugar
- 1 cup water
- 1 clove garlic whole smashed

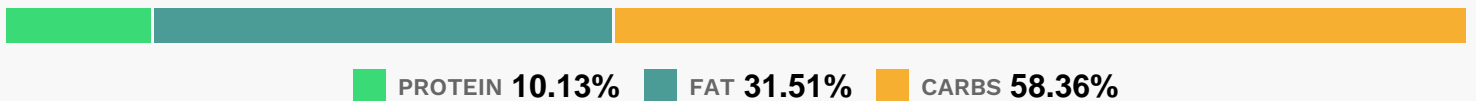
## Equipment

- frying pan

## Directions

- Heat the canola oil in a heavy skillet over medium heat. Crush the cumin seed with the coriander seed and add to the pan.
- Add the curry powder, ginger, and garlic to the pan. Cook these spices, stirring until the oil colors and the spices are fragrant.
- Add the cauliflower florets to the pan and toss to coat.
- In a lidded plastic container, combine the water, rice wine vinegar, cider vinegar, sugar, and pickling salt. Shake to combine.
- Once the cauliflower is slightly tender, add it to a glass jar.
- Pour the pickling liquid over the cauliflower, filling to the top of the jar. Cool, chill, and store the pickles for 1 week to allow the flavors to develop thoroughly.

## Nutrition Facts



## Properties

Glycemic Index:61.77, Glycemic Load:7.88, Inflammation Score:-5, Nutrition Score:11.47565220102%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 127.41kcal (6.37%), Fat: 4.28g (6.58%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 14.33g (5.21%), Sugar: 11.93g (13.25%), Cholesterol: 0mg (0%), Sodium: 632.04mg (27.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Vitamin C: 69.8mg (84.61%), Vitamin K: 25.82µg (24.59%), Folate: 83.61µg (20.9%), Manganese: 0.42mg (20.84%), Vitamin B6: 0.29mg (14.41%), Fiber: 3.49g (13.98%), Potassium: 488.98mg (13.97%), Vitamin B5: 0.96mg (9.64%), Iron: 1.42mg (7.87%), Phosphorus: 77.54mg (7.75%), Magnesium: 30.72mg (7.68%), Vitamin E: 0.97mg (6.44%), Vitamin B2: 0.09mg (5.58%), Calcium: 54.18mg (5.42%), Vitamin B1: 0.08mg (5.36%), Copper: 0.09mg (4.68%), Vitamin B3: 0.81mg (4.03%), Zinc: 0.51mg (3.42%), Selenium: 1.7µg (2.44%)