



Indian-Spiced Pickled Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

Ingredients

- 1 tablespoon mustard seeds shopping list black (preferably or brown)
- 0.5 lb carrots cut into 2 1/2- by 1/2-inch sticks (2 cups) (4 medium)
- 0.5 large head cauliflower cut into 1 1/2-inch-wide florets (4 cups)
- 1 teaspoon coriander seeds
- 0.5 cucumber seedless
- 0.5 teaspoon cumin seeds
- 3 tablespoons t brown sugar dark packed
- 0.5 teaspoon fennel seeds

- 6 cloves garlic coarsely chopped
- 3 tablespoons ginger peeled coarsely chopped
- 1 teaspoon turmeric
- 10 inch chilies dried red hot
- 0.3 cup vegetable oil
- 0.5 cup vinegar white

Equipment

- food processor
- bowl
- oven
- pot
- baking pan
- wok
- colander

Directions

- Preheat oven to 250F with rack in middle.
- Trim end from cucumber, then halve lengthwise. Scrape out and discard any seeds with a small spoon, then cut into 2- by 1/2-inch sticks.
- Cook cauliflower and carrots together in a large pot of boiling salted water (1 1/2 tablespoons salt for 3 quarts water), stirring occasionally, 1 minute.
- Drain in a colander, then put colander in an ice bath.
- Drain again in colander, then pat vegetables very dry.
- Arrange cauliflower, carrots, and cucumber in 1 layer in a 17- by 12-inch shallow baking pan and bake, stirring occasionally, until vegetables are dry and slightly limp, about 30 minutes.
- Pulse garlic and ginger with 1 teaspoon salt in a food processor until finely ground, then transfer to a bowl. Pulse mustard seeds in spice grinder until coarsely ground, then stir together with remaining spices.
- Heat wok over high heat until a drop of water evaporates instantly.

- Pour oil down side of wok, then tilt wok to swirl, coating side. When oil just begins to smoke, add chiles and spice mixture and cook, stirring, 10 seconds.
- Add garlic mixture and cook, stirring, until golden, about 15 seconds.
- Add vegetables, vinegar, and brown sugar and bring to a boil, stirring until sugar has dissolved.
- Transfer to a shallow dish and cool to room temperature, stirring occasionally, about 1 hour.
- Transfer to an airtight container and chill, shaking once or twice a day, 1 week (to allow flavors to develop).
- Cooks' note: Pickled vegetables can be chilled up to 3 weeks.

Nutrition Facts



■ PROTEIN **5.96%**
■ FAT **57.27%**
■ CARBS **36.77%**

Properties

Glycemic Index:45.96, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:21.13826084137%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 306.16kcal (15.31%), Fat: 20.3g (31.23%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 22.65g (8.24%), Sugar: 17.01g (18.9%), Cholesterol: 0mg (0%), Sodium: 83.12mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Vitamin A: 11198.28IU (223.97%), Vitamin C: 59.17mg (71.72%), Vitamin K: 70.5µg (67.14%), Manganese: 0.58mg (28.84%), Fiber: 6.67g (26.69%), Potassium: 769.66mg (21.99%), Vitamin B6: 0.43mg (21.4%), Folate: 81.96µg (20.49%), Vitamin E: 2.34mg (15.57%), Magnesium: 52.2mg (13.05%), Phosphorus: 124.07mg (12.41%), Vitamin B2: 0.2mg (11.94%), Iron: 2.04mg (11.33%), Selenium: 7.85µg (11.22%), Vitamin B5: 1.08mg (10.85%), Vitamin B3: 1.95mg (9.75%), Vitamin B1: 0.14mg (9.48%), Calcium: 86.13mg (8.61%), Copper: 0.16mg (7.91%), Zinc: 0.87mg (5.79%)