



## 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 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 brown sugar dark packed
- ☐ 0.5 teaspoon fennel seeds

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

## Equipment

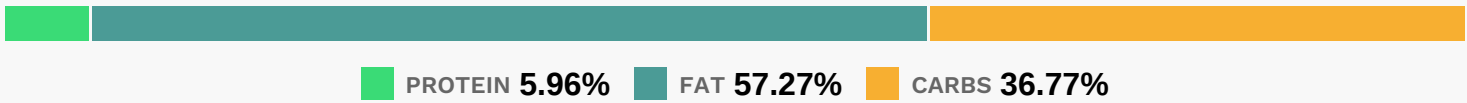
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ wok
- ☐ colander

## Directions

- ☐ Preheat oven to 250°F 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).
- ☐ Pickled vegetables can be chilled up to 3 weeks.

## Nutrition Facts



## 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%)