



Jalapeños en Escabeche (Pickled Chilies)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 2 carrots (6 oz. total)
- ☐ 1 pound jalapeño chilies fresh
- ☐ 2 cups distilled vinegar
- ☐ 1 bay leaf dried
- ☐ 3 garlic cloves peeled
- ☐ 6 oz onion
- ☐ 1 teaspoon oregano dried crumbled
- ☐ 0.5 cup salad oil (or)

☐ 10 servings salt and pepper

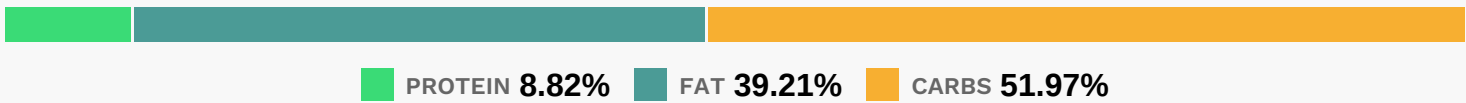
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Rinse jalapeos and pierce each with a fork. Peel carrots and cut crosswise into 1/4-inch slices. Peel onion and cut vertically into 1/4-inch slivers.
- ☐ In a 3- to 4-quart pan over high heat, combine jalapeos, carrots, onion, 2 cups water, vinegar, oil, garlic, oregano, and bay leaf. Bring to a boil.
- ☐ Reduce heat and simmer just until carrots are tender-crisp when pierced, 5 to 8 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Pour into jars, cover, and refrigerate at least 1 day. Use a slotted spoon to serve.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:2.33, Inflammation Score:-9, Nutrition Score:9.3900001930154%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 60.13kcal (3.01%), Fat: 2.42g (3.72%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 5.8g (2.11%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 208.24mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin C: 67.45mg (81.76%), Vitamin A: 2474.39IU (49.49%), Vitamin B6: 0.28mg (14.01%), Vitamin K: 10.59µg (10.08%), Manganese: 0.18mg (8.93%), Potassium: 217.19mg (6.21%), Fiber: 1.42g (5.67%), Vitamin E: 0.75mg (4.97%), Folate: 16.5µg (4.13%), Copper: 0.08mg (3.89%), Magnesium: 14.89mg (3.72%), Iron: 0.66mg (3.68%), Vitamin B3: 0.72mg (3.6%), Vitamin B1: 0.05mg (3.38%),

Phosphorus: 32.43mg (3.24%), Vitamin B2: 0.05mg (3.1%), Calcium: 22.4mg (2.24%), Vitamin B5: 0.15mg (1.53%),
Zinc: 0.2mg (1.32%), Selenium: 0.72µg (1.02%)