



## Japanese-Style Daikon and Carrot Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



56 kcal

SIDE DISH

### Ingredients

- ☐ 1.3 pounds carrots peeled
- ☐ 1.5 pounds daikon radishes peeled
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup mirin sweet ( rice wine)
- ☐ 2 teaspoons orange rind grated
- ☐ 0.5 cup rice vinegar
- ☐ 2 tablespoons sesame seed toasted

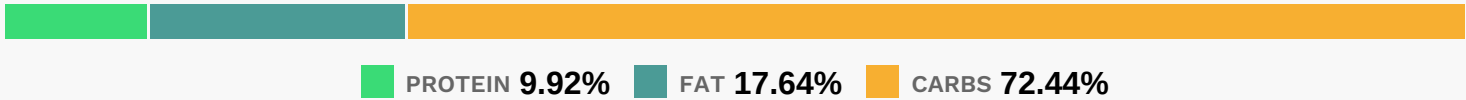
# Equipment

- ☐ bowl
- ☐ peeler

# Directions

- ☐ Hold each radish by the tip end. Shave radishes into ribbons with a vegetable peeler to measure 4 1/2 cups. Repeat procedure with carrots, shaving to measure 6 cups.
- ☐ Combine radishes, carrots, vinegar, and remaining ingredients in a large bowl, tossing to coat. Cover and refrigerate 4 hours or overnight. Store in an airtight container in refrigerator up to 3 days.

# Nutrition Facts



# Properties

Glycemic Index:16.38, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:9.7443478729414%

# Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

# Nutrients (% of daily need)

Calories: 56.13kcal (2.81%), Fat: 1g (1.54%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 6.33g (2.3%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 519.13mg (22.57%), Alcohol: 0.97g (100%), Alcohol %: 0.82% (100%), Protein: 1.27g (2.54%), Vitamin A: 9475.47IU (189.51%), Vitamin C: 19.76mg (23.95%), Fiber: 2.92g (11.68%), Potassium: 349.58mg (9.99%), Copper: 0.17mg (8.6%), Folate: 31.8µg (7.95%), Manganese: 0.16mg (7.75%), Vitamin K: 7.71µg (7.34%), Vitamin B6: 0.12mg (6.2%), Magnesium: 24.13mg (6.03%), Calcium: 55.1mg (5.51%), Phosphorus: 46.93mg (4.69%), Vitamin B1: 0.06mg (4.33%), Vitamin B3: 0.77mg (3.87%), Iron: 0.69mg (3.86%), Vitamin B2: 0.05mg (3.02%), Vitamin E: 0.39mg (2.57%), Vitamin B5: 0.26mg (2.55%), Zinc: 0.37mg (2.46%), Selenium: 1.24µg (1.77%)