



Mint and Cumin Pickled Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 12 medium carrots cut into 1/2-inch-wide strips
- ☐ 2 teaspoons cumin seeds
- ☐ 6 garlic cloves coarsely chopped
- ☐ 2.5 tablespoons kosher salt
- ☐ 1.5 tablespoons sugar
- ☐ 8 large spearmint sprigs
- ☐ 0.3 cup water
- ☐ 1.5 cups citrus champagne vinegar plus more if needed

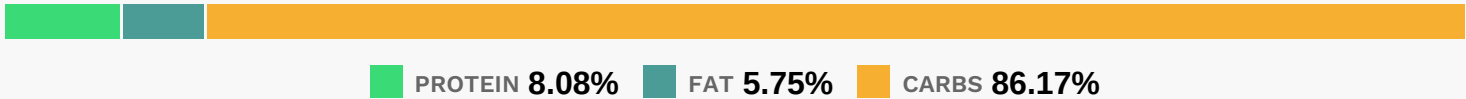
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ In a large saucepan of boiling water, blanch the carrots for 1 minute.
- ☐ Drain and let cool, then pack the carrots into a 1-quart heatproof jar.
- ☐ Add the mint.
- ☐ In a small skillet, toast the cumin seeds over moderate heat, stirring, until fragrant, about 40 seconds.
- ☐ Let cool, then add to the jar. In a saucepan, bring the vinegar, water, garlic, salt and sugar to a boil. Simmer over moderately high heat until the salt and sugar dissolve. Ladle the pickling liquid into the jar; if necessary, add more vinegar to cover the carrots.
- ☐ Let the pickles cool, then cover with a lid and refrigerate until flavorful, about 3 weeks.

Nutrition Facts



Properties

Glycemic Index:98.46, Glycemic Load:18.96, Inflammation Score:-10, Nutrition Score:23.600434852683%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 243.72kcal (12.19%), Fat: 1.46g (2.25%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 49.35g (16.45%), Net Carbohydrates: 38.15g (13.87%), Sugar: 26.47g (29.41%), Cholesterol: 0mg (0%), Sodium: 8994.25mg (391.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.25%), Vitamin A: 61360.21IU (1227.2%), Vitamin K: 48.57µg (46.26%), Manganese: 0.91mg (45.73%), Fiber: 11.21g (44.83%), Vitamin C: 31.86mg (38.61%), Potassium:

1339.3mg (38.27%), Vitamin B6: 0.64mg (31.97%), Iron: 4.16mg (23.12%), Vitamin B3: 3.83mg (19.13%), Calcium: 189.02mg (18.9%), Vitamin B1: 0.27mg (18.27%), Folate: 71.81µg (17.95%), Phosphorus: 170.43mg (17.04%), Magnesium: 67.58mg (16.9%), Vitamin E: 2.49mg (16.6%), Vitamin B2: 0.25mg (14.66%), Copper: 0.26mg (13.06%), Vitamin B5: 1.07mg (10.69%), Zinc: 1.23mg (8.21%), Selenium: 1.82µg (2.61%)