



Momofuku Carrot Pickle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



510 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons caraway seeds
- ☐ 1 pound carrots paper thin peeled sliced
- ☐ 1 cup granulated sugar
- ☐ 8 inch kombu
- ☐ 2 tablespoons kosher salt
- ☐ 1 cup rice vinegar
- ☐ 1 cup water

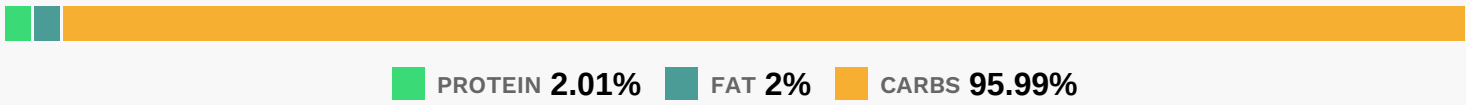
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place the carrots and kombu in a 1-quart jar, leaving at least 1/2 inch of room at the top of the jar. Make the brine: Toast the caraway seeds in a small saucepan over medium heat until fragrant, about 2 minutes.
- ☐ Add the vinegar, sugar, water, and salt, whisk to dissolve the sugar and salt, and bring to a rapid simmer. Immediately pour the brine over the carrots, making sure to cover them completely but leaving 1/4 inch of room at the top of the jar.
- ☐ Let cool to room temperature, about 1 hour. Cover the jar with a tightfitting lid. Shake the jar or turn it upside down to evenly distribute the brine and spices, then place it in the refrigerator for at least 1 day and preferably 1 week before using. (The pickled carrots can be kept in the refrigerator for up to 2 months.)

Nutrition Facts



Properties

Glycemic Index:83.46, Glycemic Load:77.04, Inflammation Score:-10, Nutrition Score:15.780434753584%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 510.3kcal (25.52%), Fat: 1.14g (1.75%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 123.1g (41.03%), Net Carbohydrates: 116.05g (42.2%), Sugar: 110.67g (122.97%), Cholesterol: 0mg (0%), Sodium: 7166.32mg (311.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin A: 37905.8IU (758.12%), Vitamin K: 36.64µg (34.9%), Fiber: 7.05g (28.21%), Manganese: 0.46mg (22.81%), Potassium: 761.05mg (21.74%), Vitamin C: 14mg (16.97%), Vitamin B6: 0.32mg (15.93%), Folate: 61.53µg (15.38%), Calcium: 118.77mg (11.88%), Vitamin B3: 2.33mg (11.66%), Magnesium: 46.02mg (11.5%), Vitamin E: 1.62mg (10.82%), Vitamin B1: 0.16mg (10.7%), Vitamin B2: 0.17mg (10.09%), Phosphorus: 97.27mg (9.73%), Copper: 0.17mg (8.39%), Iron: 1.36mg (7.56%), Vitamin B5: 0.68mg (6.84%), Zinc: 0.8mg (5.36%), Selenium: 1.73µg (2.48%)