



Momofuku Turnip Pickle

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



476 kcal

SIDE DISH

Ingredients

- 1 cup granulated sugar
- 8 inch kombu
- 2 tablespoons kosher salt
- 1 cup rice vinegar
- 1 pound turnip paper thin peeled sliced
- 1 cup water

Equipment

- sauce pan

whisk

Directions

- Place the vinegar, sugar, water, and salt in a small saucepan, whisk to dissolve the sugar and salt, and bring to a rapid simmer. Immediately pour the brine over the turnips, 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, then place it in the refrigerator for at least 1 day and preferably 1 week before using. (The pickled turnips can be kept in the refrigerator for up to 2 months.)

Nutrition Facts



PROTEIN 1.86% **FAT 1.14%** **CARBS 97%**

Properties

Glycemic Index:96.55, Glycemic Load:77.5, Inflammation Score:-4, Nutrition Score:9.4443477852189%

Nutrients (% of daily need)

Calories: 475.82kcal (23.79%), Fat: 0.6g (0.93%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 115.21g (38.4%), Net Carbohydrates: 110.99g (40.36%), Sugar: 108.53g (120.59%), Cholesterol: 0mg (0%), Sodium: 7161.53mg (311.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin C: 47.93mg (58.1%), Manganese: 0.42mg (20.82%), Fiber: 4.21g (16.86%), Folate: 52.31µg (13.08%), Potassium: 448.21mg (12.81%), Copper: 0.25mg (12.25%), Vitamin B6: 0.2mg (10.22%), Calcium: 101.63mg (10.16%), Magnesium: 39.88mg (9.97%), Phosphorus: 70.6mg (7.06%), Vitamin K: 6.93µg (6.6%), Vitamin B1: 0.1mg (6.39%), Iron: 1.12mg (6.21%), Vitamin B2: 0.1mg (6.02%), Zinc: 0.79mg (5.27%), Vitamin B5: 0.52mg (5.19%), Vitamin B3: 0.95mg (4.77%), Selenium: 2.91µg (4.16%), Vitamin E: 0.16mg (1.04%)