

Mustard and Ginger Pickled Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 lbs carrots
- ☐ 1 tablespoon coriander seeds
- ☐ 4 garlic clove thinly sliced lengthwise
- ☐ 3 ginger fresh thin
- ☐ 3 tablespoons kosher salt
- ☐ 0.3 teaspoon pepper red
- ☐ 3 tablespoons sugar
- ☐ 2 cups vinegar white

☐ 3 tablespoons mustard seeds yellow

Equipment

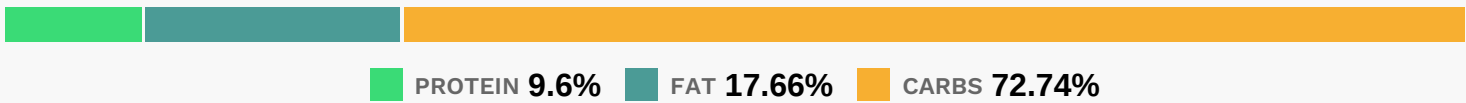
☐ bowl

☐ sauce pan

Directions

- ☐ Peel carrots and cut into 1/4-in. matchsticks.
- ☐ Bring 3 cups water and all ingredients except carrots to a boil in a large saucepan. Reduce heat to low and simmer 1 minute.
- ☐ Add carrots and simmer until almost tender, 2 to 3 minutes.
- ☐ Transfer carrots and liquid to a bowl and let cool to room temperature. Chill, covered, overnight to let flavors develop.
- ☐ Serve cold. Keeps, chilled, up to 1 week.

Nutrition Facts



Properties

Glycemic Index:4.71, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:4.2173913250799%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 18.24kcal (0.91%), Fat: 0.34g (0.53%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 479.66mg (20.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin A: 3371.42IU (67.43%), Manganese: 0.06mg (3.1%), Fiber: 0.72g (2.88%), Vitamin K: 2.72µg (2.59%), Selenium: 1.68µg (2.4%), Potassium: 74.89mg (2.14%), Vitamin B6: 0.04mg (1.75%), Vitamin C: 1.37mg (1.66%), Magnesium: 5.91mg (1.48%), Phosphorus: 14.64mg (1.46%), Vitamin B1: 0.02mg (1.34%), Folate: 5.08µg (1.27%), Vitamin B3: 0.24mg (1.21%), Vitamin E: 0.18mg (1.17%), Calcium: 10.96mg (1.1%)