



Overnight Fennel and Jicama Pickles with Orange



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons pepper red crushed
- ☐ 1.5 pound fennel bulbs -halved cored cut into 1/3-inch-thick wedges
- ☐ 1 pound jicama peeled cut into 3-by-1/3-inch matchsticks
- ☐ 3 juice of orange julienned
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup rice vinegar
- ☐ 1 pinch saffron threads crumbled

- ☐ 2 tablespoons salt-packed capers rinsed
- ☐ 1 teaspoon sugar
- ☐ 1.5 cups water

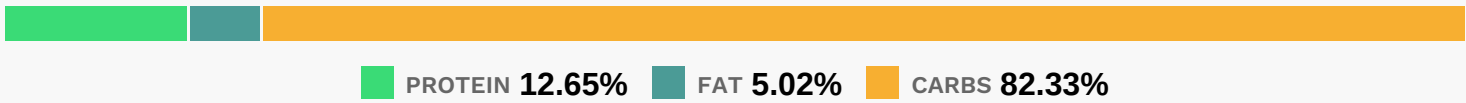
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a medium bowl, stir the vinegar with the salt, sugar and saffron until the salt and sugar dissolve.
- ☐ Add the crushed red pepper, capers, orange zest and juice and water. In a deep glass or ceramic bowl, mix the jicama and fennel.
- ☐ Pour the brine over the vegetables. Press a sheet of plastic over the vegetables and top with a heavy pot lid or plate to keep them submerged in the brine. Refrigerate overnight.
- ☐ Drain the pickles and reserve the brine. Arrange the pickles in a shallow bowl, drizzle them with some of the reserved brine and serve.
- ☐ Make Ahead: The pickles can be refrigerated in the brine for 2 days.
- ☐ Notes: one serving Calories 29 kcal, Total Fat 1 gm, Saturated Fat 0 gm, Protein 1 gm, Carbohydrates 7 gm

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:2.33, Inflammation Score:-3, Nutrition Score:6.046086995498%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 43.76kcal (2.19%), Fat: 0.26g (0.4%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 5.77g (2.1%), Sugar: 4.52g (5.02%), Cholesterol: 0mg (0%), Sodium: 611.92mg (26.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin K: 36µg (34.29%), Vitamin C: 21.94mg (26.6%), Fiber: 3.73g (14.91%), Potassium: 326.57mg (9.33%), Manganese: 0.14mg (7.12%), Folate: 24.42µg (6.1%), Magnesium: 16.57mg (4.14%), Vitamin E: 0.6mg (4.03%), Iron: 0.72mg (4%), Phosphorus: 38.68mg (3.87%), Vitamin A: 188.06IU (3.76%), Calcium: 36.25mg (3.62%), Copper: 0.07mg (3.5%), Vitamin B6: 0.05mg (2.69%), Vitamin B3: 0.53mg (2.64%), Vitamin B5: 0.21mg (2.13%), Vitamin B2: 0.04mg (2.12%), Vitamin B1: 0.03mg (1.82%), Zinc: 0.2mg (1.31%), Selenium: 0.76µg (1.08%)