



Pickled Daikon and Red Radishes with Ginger



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



3

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds daikon radish peeled
- ☐ 1 tablespoon matchsticks of ginger peeled very thin
- ☐ 1 tablespoon kosher salt
- ☐ 1 bunch radishes red trimmed cut lengthwise into 6 wedges (10)
- ☐ 0.3 cup rice vinegar (not seasoned)
- ☐ 3 tablespoons sugar

Equipment

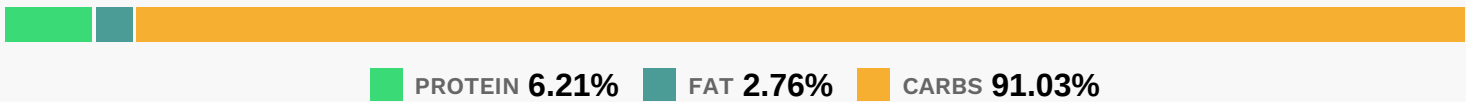
- ☐ bowl

☐ colander

Directions

- ☐ Halve daikon lengthwise, then cut crosswise into 1/4-inch-thick slices.
- ☐ Transfer to a large bowl and toss with radishes and kosher salt.
- ☐ Let stand at room temperature, stirring occasionally, 1 hour.
- ☐ Drain in a colander (do not rinse) and return to bowl.
- ☐ Add vinegar, sugar, and ginger, stirring until sugar has dissolved.
- ☐ Transfer to an airtight container and chill, covered, shaking once or twice, at least 12 hours more (to allow flavors to develop).
- ☐ Pickled radishes can be chilled up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:66.36, Glycemic Load:10.35, Inflammation Score:-4, Nutrition Score:8.0526087152893%

Flavonoids

Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg

Nutrients (% of daily need)

Calories: 95.38kcal (4.77%), Fat: 0.3g (0.46%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 18.3g (6.65%), Sugar: 18g (20%), Cholesterol: 0mg (0%), Sodium: 2380.46mg (103.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin C: 52.48mg (63.61%), Folate: 67.93µg (16.98%), Potassium: 564.49mg (16.13%), Fiber: 3.94g (15.77%), Copper: 0.28mg (13.92%), Magnesium: 39.23mg (9.81%), Calcium: 68.61mg (6.86%), Manganese: 0.12mg (6.06%), Vitamin B6: 0.12mg (5.99%), Phosphorus: 57.14mg (5.71%), Iron: 1.01mg (5.61%), Vitamin B5: 0.35mg (3.45%), Vitamin B2: 0.05mg (3.23%), Vitamin B1: 0.05mg (3.2%), Selenium: 1.89µg (2.7%), Zinc: 0.4mg (2.69%), Vitamin B3: 0.51mg (2.57%)