



Pickled Garlic Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 carrots cut into sticks
- ☐ 2 teaspoons coriander seeds
- ☐ 1 cup cooking wine dry white
- ☐ 1 bulb fennel cored trimmed cut into wedges fronds reserved
- ☐ 2 teaspoons fennel seeds
- ☐ 1.5 cups garlic cloves halved if large
- ☐ 4 garlic-scapes trimmed stalks

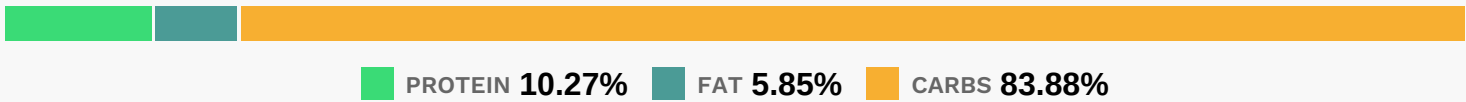
- ☐ 6 servings kosher salt
- ☐ 2 teaspoons mustard seeds
- ☐ 6 radishes quartered
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.3 cup sugar
- ☐ 1.5 cups citrus champagne vinegar

Equipment

Directions

- ☐ Bring the vinegar, wine, sugar, spices, bay leaf and 1 tablespoon salt to a boil.
- ☐ Add the garlic cloves and simmer 5 minutes.
- ☐ Pack the carrots, fennel wedges and fronds, radishes and garlic scapes, if using, in a quart-size jar.
- ☐ Pour the hot liquid over the vegetables.
- ☐ Let cool; cover and refrigerate at least overnight (preferably 48 hours).
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:39.82, Glycemic Load:12.48, Inflammation Score:-10, Nutrition Score:13.442173999289%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg

0.56mg, Myricetin: 0.56mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 182.08kcal (9.1%), Fat: 1.01g (1.55%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 29.06g (10.57%), Sugar: 14.53g (16.14%), Cholesterol: 0mg (0%), Sodium: 247.55mg (10.76%), Alcohol: 4.12g (100%), Alcohol %: 2.4% (100%), Protein: 3.99g (7.97%), Vitamin A: 3504.14IU (70.08%), Manganese: 0.83mg (41.75%), Vitamin K: 28.2µg (26.85%), Vitamin B6: 0.5mg (25.09%), Vitamin C: 20.58mg (24.94%), Fiber: 3.49g (13.94%), Potassium: 454.61mg (12.99%), Calcium: 128.49mg (12.85%), Selenium: 7.54µg (10.78%), Phosphorus: 106.19mg (10.62%), Iron: 1.84mg (10.21%), Copper: 0.17mg (8.44%), Magnesium: 33.1mg (8.27%), Vitamin B1: 0.1mg (6.71%), Zinc: 0.72mg (4.83%), Vitamin B2: 0.08mg (4.7%), Folate: 18.51µg (4.63%), Vitamin B3: 0.86mg (4.31%), Vitamin B5: 0.38mg (3.83%), Vitamin E: 0.5mg (3.35%)