



Pickled Ginger (Beni Sho-ga)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces ginger fresh peeled very thin cut into 1-in.-long matchsticks
- ☐ 1 tablespoon kosher salt
- ☐ 1 small beet red
- ☐ 0.3 cup rice vinegar

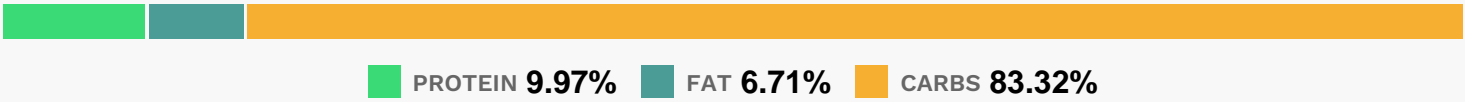
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Put beet in a small saucepan with water to cover by 1 in. Bring to a boil, then simmer until tender when pierced with the tip of a small knife, about 25 minutes.
- ☐ Drain. When cool enough to handle, peel and cut into quarters.
- ☐ Meanwhile, put ginger in a medium saucepan with water to cover by 2 in. Bring to boil.
- ☐ Drain and repeat process once or twice more, depending on the spiciness of the ginger. It should have a strong taste but not be too spicy.
- ☐ Combine rice vinegar and salt with 1 cup water in a small bowl, stirring to dissolve salt.
- ☐ Add ginger and beet, cover, and chill overnight.
- ☐ Make ahead: Up to 2 weeks, chilled.

Nutrition Facts



Properties

Glycemic Index:5.16, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:0.32956521788045%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 5.38kcal (0.27%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 282.04mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Manganese: 0.02mg (1.12%)