



Pickled Jalapenos and Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



36 kcal

SIDE DISH

Ingredients

- ☐ 2 cups carrots sliced 1/ slices
- ☐ 10 jalapeño peppers thinly sliced
- ☐ 0.5 onion red cut into 1/4 inch-thick rings
- ☐ 1.5 cups distilled vinegar white
- ☐ 0.3 cup sugar white

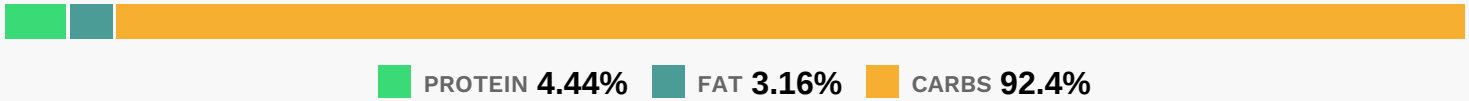
Equipment

- ☐ sauce pan

Directions

- ☐
- Bring the vinegar and sugar to a boil in a saucepan over high heat. Cook and stir until the sugar has dissolved, then stir in the jalapeno peppers, carrots, and onion.
- ☐
- Remove from the heat and let stand for 1 hour. Cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:5.6195653184601%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 35.74kcal (1.79%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.39g (2.32%), Sugar: 5.86g (6.51%), Cholesterol: 0mg (0%), Sodium: 15.93mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin A: 3689.8IU (73.8%), Vitamin C: 15.43mg (18.71%), Vitamin K: 4.99µg (4.75%), Vitamin B6: 0.08mg (4.19%), Fiber: 1g (4.01%), Vitamin E: 0.56mg (3.73%), Manganese: 0.07mg (3.27%), Potassium: 104.61mg (2.99%), Folate: 8.07µg (2.02%), Vitamin B3: 0.36mg (1.82%), Vitamin B1: 0.02mg (1.39%), Vitamin B2: 0.02mg (1.33%), Phosphorus: 13.1mg (1.31%), Magnesium: 5.09mg (1.27%), Calcium: 11.45mg (1.14%), Vitamin B5: 0.1mg (1.01%)