



Pickled Japanese Turnips with Shiso from 'Little Jars, Big Flavors

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 garlic clove
- 0.3 cup salt
- 3 serrano chiles
- 6 shiso leaves fresh green red
- 0.3 cup sugar
- 2.5 pounds turnip
- 4 cups vinegar white 5% (acidity)

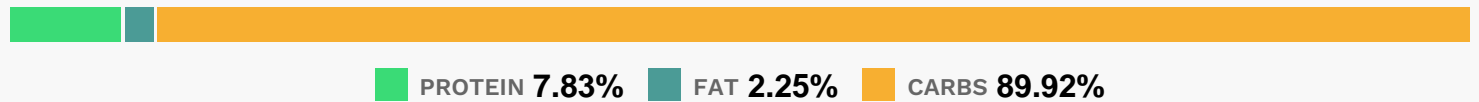
Equipment

- sauce pan

Directions

- Sterilize jars, and prepare lids.
- While jars are boiling, scrub turnips thoroughly, and remove any blemishes; trim off green tops.
- Cut turnips into 1-inch wedges. Bring vinegar, salt, sugar, and 1/2 cup water to a boil in a 3-quart stainless steel saucepan over medium heat, stirring to dissolve sugar and salt.
- Place 2 shiso leaves, 1 serrano pepper, and 1 garlic clove in each hot jar. Pack turnips tightly in jars, leaving 1/2-inch headspace. Cover turnips with hot pickling liquid, leaving 1/2-inch headspace.
- Seal and process jars for 15 minutes.
- Remove jars from water, and let stand, undisturbed, at room temperature 24 hours. To check seals, remove the bands, and press down on the center of each lid. If the lid doesn't move, the jar is sealed. If the lid depresses and pops up again, the jar is not sealed. Store properly sealed jars in a cool, dark place up to 1 year. Refrigerate after opening.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:2.48, Inflammation Score:-1, Nutrition Score:1.4839130721014%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 23.76kcal (1.19%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.03%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.53g (1.29%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 969.24mg (42.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin C: 8.3mg (10.06%), Manganese: 0.08mg (3.9%), Fiber: 0.71g (2.84%), Potassium: 76.14mg (2.18%), Vitamin B6: 0.04mg (2.04%), Copper: 0.04mg (1.83%), Calcium:

14.59mg (1.46%), Folate: 5.82µg (1.45%), Phosphorus: 12.26mg (1.23%), Magnesium: 4.73mg (1.18%), Vitamin B1:
0.02mg (1.07%)