



Pickled Spiced Cucumber, Carrots, and Daikon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup carrots diced peeled ()
- ☐ 1 teaspoon chili oil
- ☐ 4 teaspoons sea salt divided
- ☐ 2 cups daikon radish diced peeled ()
- ☐ 2 cups cucumber english peeled chopped (1-inch) (1 cucumber)
- ☐ 3 sichuan peppercorns crushed
- ☐ 6 tablespoons rice vinegar
- ☐ 5 tablespoons sugar

☐ 1 thai chile minced

Equipment

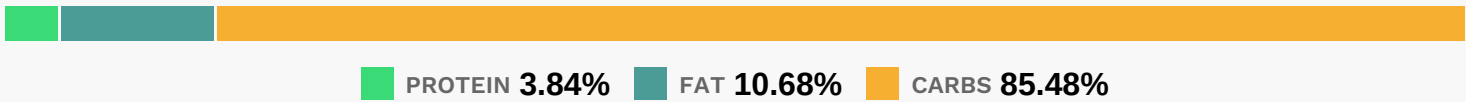
☐ bowl

☐ colander

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Add 2 teaspoons salt; toss well.
- ☐ Let stand 20 minutes.
- ☐ Transfer vegetable mixture to a colander. Rinse well with cold water; drain well.
- ☐ Combine remaining 2 teaspoons salt, sugar, and remaining ingredients in a large bowl.
- ☐ Add vegetable mixture; stir well.
- ☐ Transfer to an airtight container, and refrigerate for at least 2 days before serving.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:2.3591303851293%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 25.69kcal (1.28%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 5.07g (1.84%), Sugar: 4.71g (5.24%), Cholesterol: 0mg (0%), Sodium: 590.37mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin A: 1352.44IU (27.05%), Vitamin C: 4.48mg (5.43%), Vitamin K: 3.44µg (3.28%), Potassium: 78.83mg (2.25%), Fiber: 0.53g (2.11%), Manganese: 0.04mg (1.75%), Folate: 6.54µg (1.63%), Copper: 0.03mg (1.36%), Magnesium: 5.12mg (1.28%), Vitamin B6: 0.02mg (1.17%)