



Pickled Squash with Lemon Grass



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 0.8 pound butternut squash
- ☐ 6 stalks lemon grass fresh
- ☐ 2 cups seasoned rice vinegar
- ☐ 2 tablespoons sugar

Equipment

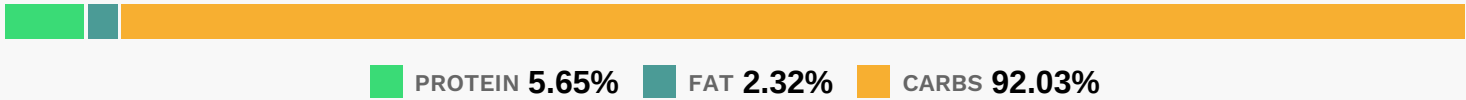
- ☐ oven
- ☐ microwave

☐ peeler

Directions

- ☐ With a vegetable peeler, pare skin from squash and discard; cut squash in half and scoop out and discard seeds.
- ☐ Cut squash into matchstick-size pieces (1/4 in. by 1/4 in. by 2 in.).
- ☐ Rinse lemon grass and pull off tough outer layers.
- ☐ Cut off stem ends and coarse leaves.
- ☐ Cut stalks into 1-inch pieces.
- ☐ In a 1-quart glass measure, stir together lemon grass, vinegar, sugar, and peppercorns.
- ☐ Heat in a microwave oven at full power (100%) until mixture boils, 3 to 4 minutes total. At once, add squash, and let stand until tender-crisp to bite, about 15 minutes.
- ☐ Serve, or chill airtight up to 1 week.

Nutrition Facts



Properties

Glycemic Index:15.21, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:7.0056520233984%

Nutrients (% of daily need)

Calories: 43.74kcal (2.19%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.16g (2.97%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 3.03mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin A: 3619.21IU (72.38%), Manganese: 0.62mg (31.16%), Vitamin C: 7.38mg (8.94%), Iron: 1.03mg (5.74%), Potassium: 191.73mg (5.48%), Magnesium: 18.23mg (4.56%), Folate: 16.01µg (4%), Vitamin E: 0.49mg (3.3%), Fiber: 0.79g (3.17%), Vitamin B6: 0.06mg (3.04%), Copper: 0.06mg (2.88%), Calcium: 27.21mg (2.72%), Vitamin B1: 0.04mg (2.69%), Vitamin B3: 0.51mg (2.56%), Phosphorus: 23.05mg (2.31%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.15mg (1.47%), Vitamin B2: 0.02mg (1.19%), Vitamin K: 1.09µg (1.04%)