



Pickled Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



342 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby carrots trimmed to 1/2 inch peeled
- ☐ 2 medium beets trimmed ()
- ☐ 0.5 teaspoon caraway seeds toasted
- ☐ 0.5 small head cauliflower cut into 1- to 1 1/2-inch florets
- ☐ 3 celery ribs
- ☐ 1.5 teaspoons coriander seeds toasted
- ☐ 0.5 cup kosher salt
- ☐ 1.5 cups rice vinegar (not seasoned; 12 fluid-ounces)

- ☐ 1.5 teaspoons shichimi togarashi (Japanese seven-spice blend)
- ☐ 3 cups sugar
- ☐ 6 cups water

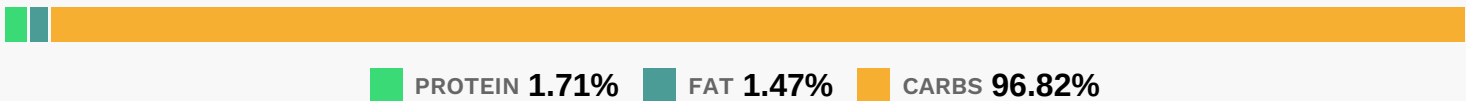
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Peel beets, then cut into very thin slices (less than 1/8 inch) with slicer and transfer to a nonreactive heatproof bowl. In separate nonreactive heatproof bowls, combine carrots with caraway seeds, celery with coriander seeds, and cauliflower with shichimi togarashi.
- ☐ Meanwhile, bring water, vinegar, sugar, and salt to a boil in a large nonreactive saucepan, stirring until sugar has dissolved.
- ☐ Remove from heat and pour 1 1/2 cups hot brine over beets, 2 cups over carrots, 2 cups over celery, and remaining liquid over cauliflower. Cool to room temperature, stirring and pressing vegetables down occasionally (or keep them submerged with a small plate).
- ☐ Transfer each vegetable with pickling liquid to a separate airtight container and chill, covered, shaking occasionally, at least 1 week.
- ☐ Serve using a slotted spoon.
- ☐ Pickled vegetables can be chilled up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:31.01, Glycemic Load:54.37, Inflammation Score:-10, Nutrition Score:10.240869594657%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:

0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 342.42kcal (17.12%), Fat: 0.57g (0.88%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 84.78g (28.26%), Net Carbohydrates: 81.25g (29.55%), Sugar: 80.81g (89.78%), Cholesterol: 0mg (0%), Sodium: 7173.76mg (311.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (2.99%), Vitamin A: 7951.2IU (159.02%), Folate: 71.73µg (17.93%), Manganese: 0.32mg (15.77%), Vitamin C: 11.69mg (14.17%), Fiber: 3.52g (14.1%), Potassium: 343.59mg (9.82%), Vitamin K: 8.82µg (8.4%), Copper: 0.15mg (7.3%), Iron: 1.18mg (6.53%), Vitamin B6: 0.13mg (6.39%), Magnesium: 22.65mg (5.66%), Calcium: 47.27mg (4.73%), Phosphorus: 45.8mg (4.58%), Vitamin B5: 0.41mg (4.11%), Vitamin B2: 0.07mg (3.97%), Vitamin B3: 0.6mg (3.01%), Vitamin B1: 0.04mg (2.74%), Selenium: 1.81µg (2.59%), Zinc: 0.38mg (2.54%), Vitamin E: 0.18mg (1.2%)