



Quick Indian Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 0.5 teaspoon brown mustard seeds
- ☐ 3 cardamom pods split
- ☐ 0.5 teaspoon coriander seeds
- ☐ 6 persian cucumbers english cut into 4 spears, or 2 cucumbers, each cut into thirds crosswise and then into 4 spears
- ☐ 1 teaspoon cumin seeds
- ☐ 1 piece ginger fresh peeled sliced (1 in.)
- ☐ 4 garlic cloves peeled cut in half

- ☐ 0.3 teaspoon ground turmeric
- ☐ 1.5 tablespoons kosher salt
- ☐ 3 tablespoons brown sugar light packed
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 small chiles dried red hot
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup distilled vinegar white
- ☐ 0.5 teaspoon allspice whole

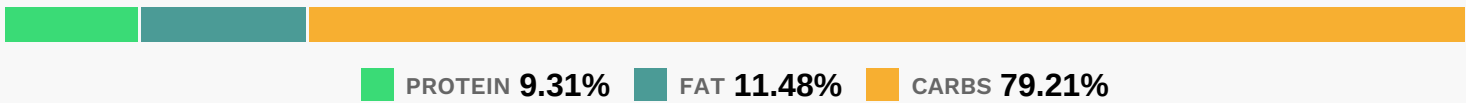
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Warm oil in a small saucepan over medium heat.
- ☐ Add mustard seeds and cook until they pop, about 2 minutes. All at once, add remaining spices except for turmeric and cook, stirring, until spices are very fragrant, about 1 minute.
- ☐ Add turmeric and stir just until sizzling. Carefully add 1/2 cup water, the vinegar, lime juice, sugar, salt, garlic, and ginger. Bring to a boil over high heat, then reduce heat and simmer for 2 minutes.
- ☐ Pack cucumber spears into a deep bowl.
- ☐ Pour pickling liquid over them, weight with a small plate to keep submerged, and let cool to room temperature, about 40 minutes. Lift pickles out of brine to serve.
- ☐ Make ahead: Chill, covered, up to 2 days (pickles will get more flavorful).

Nutrition Facts



Properties

Glycemic Index:6.54, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:2.433913041716%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 24.69kcal (1.23%), Fat: 0.34g (0.52%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.68g (1.7%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 438.73mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Vitamin K: 12.89µg (12.27%), Manganese: 0.17mg (8.37%), Vitamin C: 3.91mg (4.74%), Potassium: 130.09mg (3.72%), Magnesium: 12.05mg (3.01%), Fiber: 0.57g (2.28%), Phosphorus: 21.49mg (2.15%), Vitamin B5: 0.21mg (2.08%), Vitamin B6: 0.04mg (2.07%), Iron: 0.37mg (2.04%), Copper: 0.04mg (2%), Calcium: 18.99mg (1.9%), Vitamin A: 94.47IU (1.89%), Vitamin B2: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.6%), Folate: 5.91µg (1.48%), Zinc: 0.19mg (1.28%)