



Quick Pickled Radishes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



101 kcal

SIDE DISH

Ingredients



1 quart champagne vinegar



2 stems fennel wild dried fresh



2 cloves garlic smashed



0.3 cup pickling spices



4 bunches radishes with a little stem 1/2-inch still attached washed and spit down the middle



1 cup sugar white

Equipment



pot

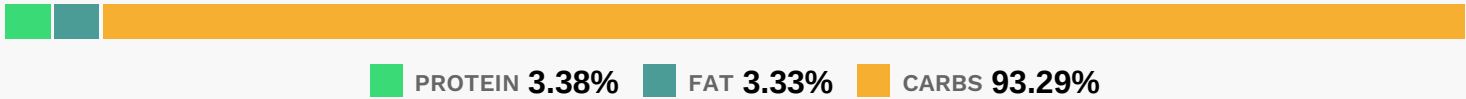
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plastic wrap

Directions

- ☐ Take a large deep dish and lay the radishes out in it. In a large pot add the pickling ingredients and bring to a boil.
- ☐ Remove from heat and pour the boiling mix over the radishes in each dish. Cover tightly with plastic wrap immediately and set aside. Once cooled to room temperature, strain and serve.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:12.69, Inflammation Score:-2, Nutrition Score:4.0913043851438%

Flavonoids

Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 100.68kcal (5.03%), Fat: 0.35g (0.54%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 20.06g (7.3%), Sugar: 18.48g (20.53%), Cholesterol: 0mg (0%), Sodium: 35.11mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin K: 24.72µg (23.54%), Vitamin C: 8.6mg (10.42%), Manganese: 0.2mg (9.94%), Fiber: 1.98g (7.92%), Potassium: 257.31mg (7.35%), Iron: 0.87mg (4.86%), Calcium: 44.23mg (4.42%), Folate: 15.54µg (3.88%), Magnesium: 14.67mg (3.67%), Phosphorus: 32.5mg (3.25%), Copper: 0.06mg (2.86%), Vitamin B6: 0.04mg (2.06%), Vitamin B3: 0.36mg (1.8%), Vitamin E: 0.23mg (1.51%), Vitamin B2: 0.02mg (1.42%), Vitamin A: 65.85IU (1.32%), Vitamin B5: 0.12mg (1.21%), Zinc: 0.18mg (1.19%)