

Rosy Radishes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



3

CALORIES



19 kcal

SIDE DISH

Ingredients

- 0.3 cup ume plum vinegar
- 3 bunches radishes
- 1.5 cups water

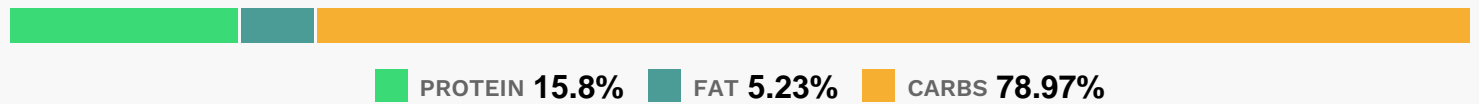
Equipment

- bowl
- sauce pan
- slotted spoon

Directions

- Trim stems and roots from radishes. Slice into 1/4 inch rounds.
- Place in 2-quart non-reactive saucepan along with vinegar and water. Bring mixture to boil. Reduce heat and simmer over medium heat until radishes are somewhat tender, about 8 to 10 minutes.
- Transfer radishes to bowl with a slotted spoon. Reserve cooking liquid.
- Let cool separately to preserve crispness of radishes. When both have cooled, combine in airtight container and refrigerate overnight.
- Serve the next day for best crispness. Makes 3 cups.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.6200000271201%

Flavonoids

Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg

Nutrients (% of daily need)

Calories: 18.51kcal (0.93%), Fat: 0.05g (0.08%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.93g (1.03%), Cholesterol: 0mg (0%), Sodium: 5545.8mg (241.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 7.4mg (8.97%), Potassium: 211.14mg (6.03%), Fiber: 0.8g (3.2%), Folate: 12.5µg (3.13%), Copper: 0.04mg (2.2%), Vitamin B6: 0.04mg (1.78%), Manganese: 0.03mg (1.72%), Calcium: 16.05mg (1.6%), Magnesium: 6.18mg (1.55%), Vitamin B2: 0.02mg (1.15%), Zinc: 0.15mg (1.01%)