



## Sake Giardiniera

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

BEVERAGE

DRINK

### Ingredients

- 3 cups broccoli florets
- 0.8 cup carrots ()
- 3 cups cauliflower florets
- 2 garlic clove thinly sliced
- 8 spring onion
- 0.3 teaspoon pepper black finely
- 0.5 teaspoon mustard seeds
- 0.5 cup rice wine

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- 1 tablespoon salt
- 2 tablespoons sugar
- 0.5 cup water
- 1 cup citrus champagne vinegar
- 0.8 cup bell pepper yellow () ( 1 medium)

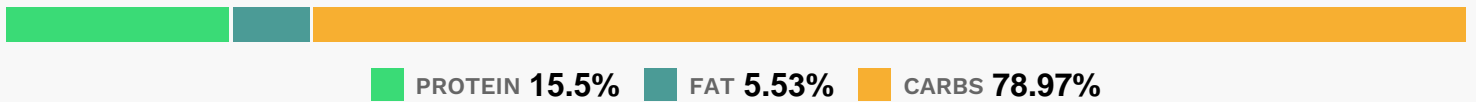
## Equipment

- sauce pan
- ziploc bags

## Directions

- Combine first 6 ingredients in a saucepan over medium-high heat; bring to a boil. Cook 3 minutes.
- Remove from heat; cool 2 minutes. Stir in sake.
- Place cauliflower and remaining ingredients in a large zip-top plastic bag.
- Add sake mixture to bag; seal and marinate in refrigerator 8 hours or overnight, turning bag occasionally.
- Remove vegetables from bag; discard marinade.

## Nutrition Facts



## Properties

Glycemic Index:34.37, Glycemic Load:3.53, Inflammation Score:-9, Nutrition Score:13.562608625578%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.78mg, Quercetin:

2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

## **Nutrients (% of daily need)**

Calories: 113.26kcal (5.66%), Fat: 0.4g (0.61%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 10.24g (3.72%), Sugar: 5.16g (5.73%), Cholesterol: 0mg (0%), Sodium: 909.27mg (39.53%), Alcohol: 7.24g (100%), Alcohol %: 4.47% (100%), Protein: 2.49g (4.99%), Vitamin C: 77.51mg (93.95%), Vitamin K: 67.17µg (63.97%), Vitamin A: 2365.36IU (47.31%), Folate: 56.8µg (14.2%), Manganese: 0.22mg (11.19%), Potassium: 349.46mg (9.98%), Fiber: 2.47g (9.86%), Vitamin B6: 0.19mg (9.31%), Phosphorus: 58.9mg (5.89%), Magnesium: 23.36mg (5.84%), Vitamin B5: 0.52mg (5.18%), Iron: 0.91mg (5.05%), Vitamin B2: 0.08mg (4.97%), Calcium: 45.61mg (4.56%), Vitamin B1: 0.06mg (4.3%), Copper: 0.08mg (3.81%), Vitamin B3: 0.73mg (3.64%), Selenium: 2.35µg (3.36%), Vitamin E: 0.45mg (3.01%), Zinc: 0.38mg (2.56%)