



Salt & Sugar Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 2 thin-skinned cucumbers with few seeds
- ☐ 2 daikon radishes thin
- ☐ 3 large very radishes
- ☐ 1 teaspoon sea salt fine
- ☐ 1 teaspoon sugar
- ☐ 2 pounds watermelon seedless

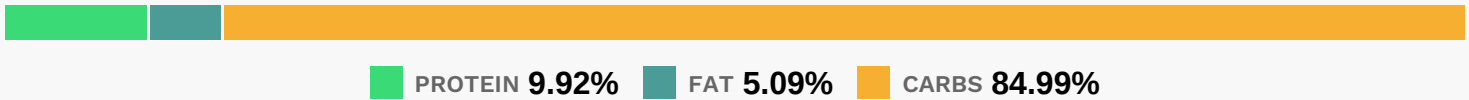
Equipment

- ☐ bowl

Directions

- ☐ Prepare the vegetables and fruit and arrange in separate bowls; there should be about 1 1/2 cups of each kind.
- ☐ Halve the radishes and slice into thin wedges.
- ☐ Cut the daikon radishes crosswise into slices about 1/8 inch thick.
- ☐ Cut the cucumbers crosswise into slices about 1/4 inch thick.
- ☐ Remove the rind of the watermelon and cut the flesh into slices 1/3 inch thick and then into 2-inch wedges.
- ☐ In a small bowl, combine the salt and sugar, and sprinkle 1/2 teaspoon of the mixture over each vegetable and the watermelon and toss.
- ☐ Let the pickles stand for 5 to 10 minutes, arrange separately on a platter, and serve immediately.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ In the Green Kitchen by Alice Waters. Copyright © 201

Nutrition Facts



Properties

Glycemic Index:55.94, Glycemic Load:14.53, Inflammation Score:-8, Nutrition Score:13.41782617569%

Flavonoids

Pelargonidin: 4.26mg, Pelargonidin: 4.26mg, Pelargonidin: 4.26mg, Pelargonidin: 4.26mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg

Nutrients (% of daily need)

Calories: 121.39kcal (6.07%), Fat: 0.76g (1.17%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 23.75g (8.64%), Sugar: 21.48g (23.87%), Cholesterol: 0mg (0%), Sodium: 624.77mg (27.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin C: 61.35mg (74.36%), Vitamin A: 1398.94IU (27.98%), Potassium: 857.51mg (24.5%), Copper: 0.4mg (20%), Folate: 76.81µg (19.2%), Fiber: 4.77g (19.08%), Magnesium: 68.41mg (17.1%), Manganese: 0.27mg (13.31%), Vitamin B6: 0.26mg (13.05%), Vitamin K:

11.62µg (11.07%), Vitamin B5: 1.11mg (11.06%), Vitamin B1: 0.16mg (10.4%), Phosphorus: 96.67mg (9.67%), Iron: 1.58mg (8.77%), Calcium: 84.56mg (8.46%), Vitamin B2: 0.12mg (7.16%), Zinc: 0.76mg (5.04%), Vitamin B3: 0.81mg (4.07%), Selenium: 2.29µg (3.27%), Vitamin E: 0.16mg (1.06%)