



Spicy, Crunchy Pickled Green Beans with Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



45

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound very green beans fresh ends trimmed
- 1 piece in.-long kombu dried (kelp)
- 2 tablespoons kosher salt
- 1 optional: lemon seeds removed halved lengthwise cut into 1/3-in.-thick slices,
- 1 teaspoon pink peppercorns
- 6 small chiles dried red such as thai or arbol
- 2 cups rice vinegar

0.3 cup sugar

Equipment

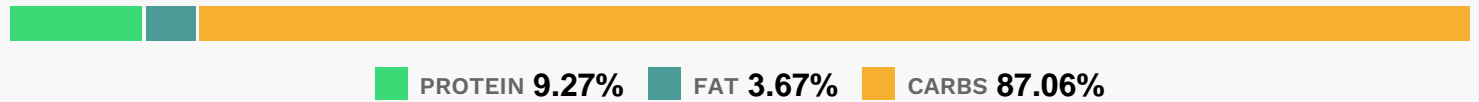
bowl

pot

Directions

- Bring a medium pot of water to a boil and blanch green beans until tender-crisp, 2 to 3 minutes.
- Drain and put in a large heatproof bowl.
- Bring 2 1/2 cups water to a boil in another medium pot with vinegar, sugar, salt, chiles, peppercorns, and kombu. As soon as liquid boils, pour over beans and add lemon.
- Let cool to room temperature. Slit 3 of the chiles to let seeds spill into liquid. Chill, covered, overnight to let flavors develop.
- Serve cold. Keeps, chilled, up to 1 week.
- *Find in grocery stores' Asian foods aisle.

Nutrition Facts



Properties

Glycemic Index:4.97, Glycemic Load:1.03, Inflammation Score:-1, Nutrition Score:0.93086956894916%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 10.62kcal (0.53%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.77g (0.64%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 311.16mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin K: 4.6µg (4.38%), Vitamin C: 2.52mg (3.06%),

Manganese: 0.04mg (2.13%), Vitamin A: 88.34IU (1.77%), Fiber: 0.38g (1.54%)