



Spicy Pickled Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound baby carrots
- ☐ 1 teaspoon ground cumin
- ☐ 8 ounces haricots verts trimmed
- ☐ 0.3 cup jalapeño peppers sliced (2 large)
- ☐ 4 teaspoons kosher salt
- ☐ 10 ounces pearl onions peeled
- ☐ 6 cups water
- ☐ 4 cups vinegar white

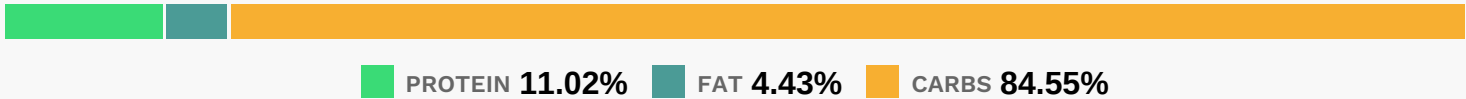
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring first 3 ingredients to a boil in a large saucepan.
- ☐ Add carrots to pan; cook 2 minutes.
- ☐ Add onions; cook 1 minute.
- ☐ Add pepper slices; cook 1 minute.
- ☐ Add beans; cook 1 minute.
- ☐ Remove from heat; stir in vinegar.
- ☐ Let stand at room temperature 1 hour.
- ☐ Pour into a large bowl; cover and refrigerate 24 hours. Store in an airtight container in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.54, Inflammation Score:-9, Nutrition Score:5.0591305053752%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 27.11kcal (1.36%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 2.89g (1.05%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 488.82mg (21.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin A: 3223.49IU (64.47%), Vitamin K: 7.35µg (7%),

Vitamin C: 4.81mg (5.83%), Manganese: 0.11mg (5.55%), Fiber: 1.26g (5.03%), Folate: 12.97µg (3.24%), Vitamin B6: 0.06mg (3.18%), Potassium: 105mg (3%), Copper: 0.05mg (2.62%), Iron: 0.44mg (2.43%), Calcium: 21.3mg (2.13%), Magnesium: 8.34mg (2.09%), Phosphorus: 17.7mg (1.77%), Vitamin B1: 0.02mg (1.59%), Vitamin B2: 0.03mg (1.48%), Vitamin B5: 0.14mg (1.39%), Vitamin B3: 0.25mg (1.25%)