



## Spicy Vegetable Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



13 kcal

SIDE DISH

### Ingredients

- 1 large carrots sliced
- 3 claussen kosher dill pickle halves drained
- 0.5 small onion cut into strips
- 0.3 cup pickled jalapeño drained

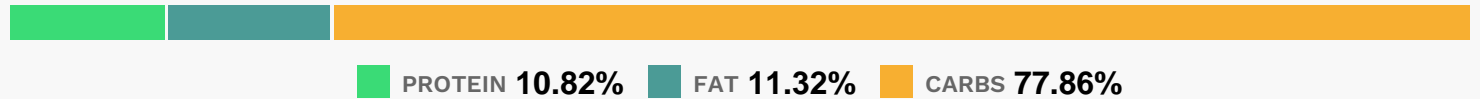
### Equipment

- bowl
- ziploc bags

## Directions

- Cut pickle halves in 3/4-inch slices.
- Mix pickles, carrot, onion and jalapeno peppers in bowl or zipper-style plastic bag.
- Add reserved pickle and jalapeno liquids; cover. Refrigerate 2 hours or overnight to marinate.
- Serve as side dish with grilled meats or fish or as an accompaniment to tortilla chips and salsa.

## Nutrition Facts



## Properties

Glycemic Index:12.31, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:3.3804347612288%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

## Nutrients (% of daily need)

Calories: 13.35kcal (0.67%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 284.86mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.79%), Vitamin A: 2066.01IU (41.32%), Vitamin K: 7.08µg (6.74%), Fiber: 0.89g (3.55%), Manganese: 0.06mg (3.01%), Potassium: 93.8mg (2.68%), Vitamin C: 2.08mg (2.53%), Calcium: 23.91mg (2.39%), Folate: 7.97µg (1.99%), Vitamin B6: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.77%), Vitamin B2: 0.03mg (1.76%), Iron: 0.25mg (1.4%), Magnesium: 5.5mg (1.38%), Phosphorus: 12.3mg (1.23%), Copper: 0.02mg (1.02%)