



Spicy Vegetable Pickles: la Spiritosa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

Ingredients

- 1 head broccoli with 4-inch stalks cut into florets
- 5 pinches chile flakes hot
- 2 medium japanese eggplants cut into 1/ medallions
- 0.5 pound green beans
- 20 mint leaves
- 1 cup olive oil extra-virgin divided
- 3 bell peppers red cut into 1/ strips
- 5 tablespoons sugar

- 2.5 cups citrus champagne vinegar
- 2 medium zucchini cut into 1/ medallions

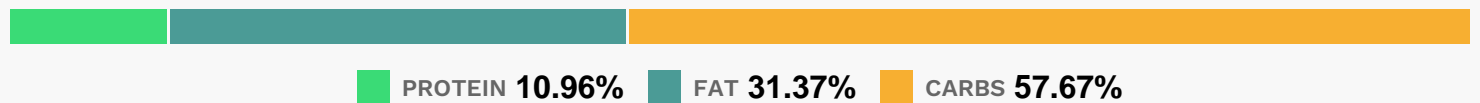
Equipment

- frying pan
- wooden spoon

Directions

- In a 12 to 14-inch saute pan, heat 1/5 of the oil until just smoking.
- Saute each vegetable until tender and golden brown and remove each to a platter when finished cooking. To the pan, add vinegar, mint leaves, sugar and a pinch of hot chile flakes and stir with a wooden spoon over heat to dislodge the browned vegetable sugars in the pan.
- Pour the vinegar mixture over each of the 5 vegetables.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:8.48, Inflammation Score:-9, Nutrition Score:22.465217424476%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 6.09mg, Kaempferol: 6.09mg, Kaempferol: 6.09mg, Kaempferol: 6.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 175.91kcal (8.8%), Fat: 6.3g (9.69%), Saturated Fat: 0.96g (6%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 18.22g (6.63%), Sugar: 16.85g (18.72%), Cholesterol: 0mg (0%), Sodium: 42.73mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin C: 140.83mg (170.7%), Vitamin K: 101.33µg (96.5%), Vitamin A: 2315.37IU (46.31%), Manganese: 0.69mg (34.42%), Fiber: 7.83g (31.3%), Folate: 117.58µg (29.4%), Vitamin B6: 0.48mg (24.17%), Potassium: 829.01mg (23.69%), Vitamin E: 2.62mg (17.45%), Vitamin B2: 0.25mg (14.91%),

Magnesium: 58.33mg (14.58%), Phosphorus: 126.62mg (12.66%), Vitamin B1: 0.17mg (11.35%), Iron: 1.99mg (11.06%), Vitamin B3: 2.14mg (10.72%), Vitamin B5: 1.07mg (10.71%), Copper: 0.2mg (10%), Calcium: 78.37mg (7.84%), Zinc: 0.88mg (5.9%), Selenium: 2.61µg (3.73%)