



Sweet and Sour Pattypan Squash and Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 peppercorns black
- ☐ 12 cilantro leaves
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 inch ginger fresh peeled
- ☐ 4 garlic clove crushed
- ☐ 0.5 pound green beans trimmed
- ☐ 1.5 pounds baby vegetables yellow halved

- ☐ 1 teaspoon salt
- ☐ 2 cups seasoned rice vinegar
- ☐ 1 tablespoon sesame seed
- ☐ 3 tablespoons shallots thinly sliced
- ☐ 0.7 cup sugar
- ☐ 2 cups vinegar white

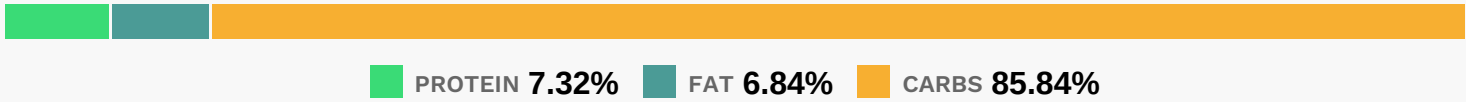
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook green beans in boiling water 1 minute.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Combine rice vinegar and next 3 ingredients (through salt) in a medium saucepan; bring to a boil. Cook until sugar dissolves.
- ☐ Combine beans, squash, and remaining ingredients in a large bowl.
- ☐ Pour hot vinegar mixture over squash mixture. Toss well. Cover and refrigerate 8 hours, stirring occasionally.
- ☐ Note: Squash mixture can be evenly divided among 4 (1-pint) jars. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:3.15, Inflammation Score:-2, Nutrition Score:1.8795652013758%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 31kcal (1.55%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.36g (1.95%), Sugar: 5g (5.56%), Cholesterol: 0mg (0%), Sodium: 75.09mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin C: 5.1mg (6.18%), Vitamin K: 6.18µg (5.89%), Manganese: 0.09mg (4.54%), Vitamin A: 155.22IU (3.1%), Folate: 9.79µg (2.45%), Vitamin B6: 0.05mg (2.26%), Fiber: 0.56g (2.24%), Copper: 0.04mg (2.2%), Magnesium: 8.55mg (2.14%), Potassium: 66.12mg (1.89%), Vitamin B1: 0.02mg (1.64%), Phosphorus: 14.92mg (1.49%), Iron: 0.25mg (1.38%), Calcium: 12.93mg (1.29%), Vitamin B3: 0.21mg (1.05%), Vitamin B2: 0.02mg (1.02%)