



Sweet-and-Sour Veggie Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1585 min.

SERVINGS



26

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds baby vegetables assorted (carrots, zucchini, pattypan squash)
- ☐ 12 peppercorns black
- ☐ 12 cilantro leaves fresh
- ☐ 4 slices ginger fresh peeled (1/4-inch-thick)
- ☐ 4 garlic clove crushed
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 teaspoons salt
- ☐ 2 cups seasoned rice vinegar

- ☐ 1 tablespoon sesame seed
- ☐ 2 shallots thinly sliced
- ☐ 0.7 cup sugar
- ☐ 2 cups vinegar white

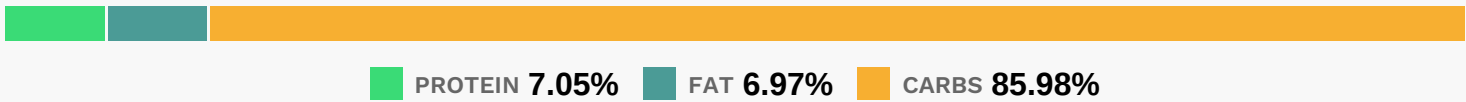
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a medium saucepan; bring to a boil.
- ☐ Cut baby vegetables in half, if desired.
- ☐ Combine baby vegetables and next 7 ingredients in a large bowl.
- ☐ Pour hot vinegar mixture over vegetable mixture. Toss well.
- ☐ Let stand 2 hours. Cover and chill 24 hours before serving, stirring occasionally. Store in refrigerator up to 1 week.
- ☐ Note: Vegetable mixture can be evenly divided among 4 (1-pt.) jars.

Nutrition Facts



Properties

Glycemic Index:13.23, Glycemic Load:3.74, Inflammation Score:-2, Nutrition Score:2.1047826150189%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 37.6kcal (1.88%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.57g (2.39%), Sugar: 6.14g (6.82%), Cholesterol: 0mg (0%), Sodium: 181.52mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin C: 6.84mg (8.29%), Manganese: 0.11mg (5.46%), Vitamin K: 4.15µg (3.95%), Folate: 12.06µg (3.01%), Vitamin A: 149.81IU (3%), Copper: 0.06mg (2.89%), Vitamin B6:

0.06mg (2.78%), Magnesium: 10.53mg (2.63%), Potassium: 81.59mg (2.33%), Fiber: 0.58g (2.33%), Vitamin B1: 0.03mg (1.99%), Phosphorus: 18.66mg (1.87%), Calcium: 14.69mg (1.47%), Iron: 0.26mg (1.45%), Vitamin B3: 0.25mg (1.24%), Zinc: 0.15mg (1.01%)