



Sweet Pickled Daikon Radish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



335 min.

SERVINGS



2

CALORIES



450 kcal

SIDE DISH

Ingredients



1 pound daikon radish



0.3 cup kosher salt



1 cup rice vinegar



1 cup sugar



0.3 teaspoon turmeric



1 cup water

Equipment



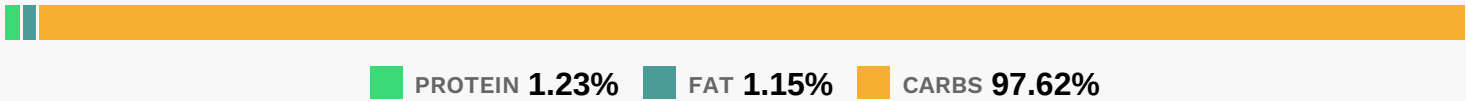
bowl

- ☐ sauce pan
- ☐ sieve
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ In a small saucepan over medium heat add the vinegar, water, sugar, and turmeric. Bring to a boil, stirring to dissolve the sugar.
- ☐ Remove from heat and allow it to cool.
- ☐ Meanwhile, peel the daikon radish and slice into 1/4-inch thick rounds. (If your daikon is very large, slice the rounds into semicircles.)
- ☐ Place in a colander with salt and mix well.
- ☐ Place the colander over a bowl and let drain for 1 hour. Rinse the salt off with a couple of changes of water and dry the daikon well. Put into a sterilized glass jar.
- ☐ Pour the cooled brine through a coffee filter (or a cheesecloth lined strainer) into the jar to cover the radish slices. Refrigerate at least 4 hours, preferably overnight. Will keep for about 2 weeks.

Nutrition Facts



Properties

Glycemic Index:78.55, Glycemic Load:71.66, Inflammation Score:-9, Nutrition Score:8.1995652442717%

Flavonoids

Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg

Nutrients (% of daily need)

Calories: 449.66kcal (22.48%), Fat: 0.57g (0.88%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 109.11g (36.37%), Net Carbohydrates: 105.43g (38.34%), Sugar: 105.53g (117.25%), Cholesterol: 0mg (0%), Sodium: 14203.86mg (617.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 49.96mg (60.56%), Folate: 63.6µg (15.9%), Copper: 0.31mg (15.34%), Potassium: 528.61mg (15.1%), Fiber: 3.68g (14.73%), Manganese: 0.22mg (10.82%), Magnesium: 39.59mg (9.9%), Calcium: 82.65mg (8.27%), Iron: 1.22mg (6.77%), Phosphorus: 57.93mg (5.79%), Vitamin B6: 0.11mg (5.44%), Selenium: 2.87µg (4.1%), Vitamin B2: 0.06mg (3.82%), Vitamin B5: 0.31mg

(3.13%), Vitamin B1: 0.05mg (3.05%), Zinc: 0.42mg (2.81%), Vitamin B3: 0.47mg (2.33%)