



Vietnamese Daikon and Carrot Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



20 min.

SERVINGS



5

CALORIES



284 kcal

SIDE DISH

Ingredients



2 pounds carrots peeled (5 medium carrots)



2 pounds daikon radishes peeled (2 large daikon)



1 cup sugar



2 teaspoons salt



2.5 cups vinegar white



2 cups warm water

Equipment



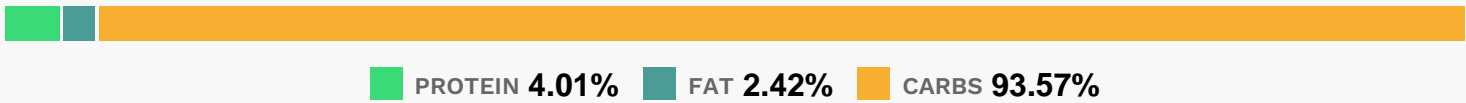
bowl

- ☐ measuring cup
- ☐ colander

Directions

- ☐ Cut them first crosswise into 2 1/2 inch long segments. Then cut 1/4-inch thick slices lengthwise. Stack the slices and cut them again into 1/4-inch thick batons.
- ☐ Place the carrots and daikon radishes in a large bowl.
- ☐ Sprinkle with 4 teaspoons of sugar and 2 teaspoons of salt. Use your clean hands to toss the carrots and daikon with the salt and sugar until well coated.
- ☐ Continue to mix the carrots and daikon with your hands until they begin to soften, about 3 minutes. They are ready once you can bend a piece of daikon all the way over without it breaking.
- ☐ Transfer the carrots and daikon to a colander, rinse with cool water and drain well.
- ☐ Make vinegar sugar mixture: In a bowl (a 8 cup pyrex measuring cup works great for this) mix together one cup of sugar, the white vinegar and the warm water, until the sugar dissolves.
- ☐ Pour vinegar mixture over carrots and daikon in jars: Prepare clean jars. Pack the daikon and carrots tightly into the jars.
- ☐ Pour over the pickling liquid to cover. Seal. Refrigerate.
- ☐ The pickles should sit at least overnight before eating; their flavor will improve with time. They should last 4 to 6 weeks in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:39.78, Glycemic Load:35.16, Inflammation Score:-10, Nutrition Score:18.103043411089%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 284kcal (14.2%), Fat: 0.74g (1.15%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 64.71g (21.57%), Net Carbohydrates: 56.73g (20.63%), Sugar: 53.11g (59.01%), Cholesterol: 0mg (0%), Sodium: 1101.17mg (47.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin A: 30310.86IU (606.22%), Vitamin C: 50.62mg (61.36%), Fiber: 7.98g (31.93%), Potassium: 996mg (28.46%), Vitamin K: 24.49µg (23.33%), Folate: 85.28µg (21.32%), Manganese: 0.4mg (20.13%), Vitamin B6: 0.33mg (16.69%), Copper: 0.32mg (15.83%), Magnesium: 53.05mg (13.26%), Calcium: 120.33mg (12.03%), Phosphorus: 110.33mg (11.03%), Vitamin B3: 2.15mg (10.73%), Vitamin B1: 0.16mg (10.4%), Vitamin B2: 0.15mg (8.77%), Vitamin E: 1.2mg (7.98%), Vitamin B5: 0.75mg (7.46%), Iron: 1.34mg (7.42%), Zinc: 0.74mg (4.91%), Selenium: 2.33µg (3.33%)