



Vinegar Pickled Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



745 min.

SERVINGS



4

CALORIES



94 kcal

SIDE DISH

Ingredients

- 8 large carrots diced
- 0.1 teaspoon ground pepper black
- 1 teaspoon salt
- 0.7 cup water
- 1 cup distilled vinegar white
- 2 tablespoons sugar white

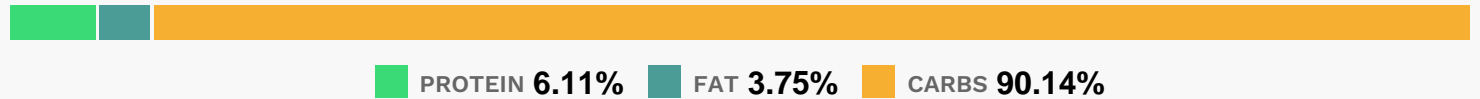
Equipment

- sauce pan

Directions

- In a medium saucepan, mix distilled white vinegar, white sugar, salt, pepper and water. Bring the mixture to a boil.
- Remove from heat and allow to cool slightly.
- Place the carrots in sterile containers. Cover with the vinegar solution. Seal the containers, refrigerate and marinate carrots 12 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:49.73, Glycemic Load:8.78, Inflammation Score:-10, Nutrition Score:10.46434788082%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 93.77kcal (4.69%), Fat: 0.37g (0.56%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 15.79g (5.74%), Sugar: 12.84g (14.27%), Cholesterol: 0mg (0%), Sodium: 684.05mg (29.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin A: 24056.98IU (481.14%), Vitamin K: 19.11µg (18.2%), Fiber: 4.05g (16.19%), Potassium: 463.15mg (13.23%), Manganese: 0.25mg (12.53%), Vitamin C: 8.5mg (10.3%), Vitamin B6: 0.2mg (9.95%), Vitamin B3: 1.42mg (7.08%), Folate: 27.37µg (6.84%), Vitamin B1: 0.1mg (6.34%), Vitamin E: 0.95mg (6.34%), Calcium: 53.22mg (5.32%), Phosphorus: 53.05mg (5.3%), Vitamin B2: 0.08mg (4.99%), Magnesium: 18.43mg (4.61%), Vitamin B5: 0.39mg (3.94%), Copper: 0.08mg (3.83%), Iron: 0.47mg (2.58%), Zinc: 0.36mg (2.39%)