



Zucchini Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 1 piece ginger fresh peeled cut into thirds
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 teaspoon pepper red
- ☐ 1.5 cups rice vinegar
- ☐ 2 serrano chiles halved seeded for milder flavor (use 1)
- ☐ 2 tablespoons sugar
- ☐ 3 medium zucchini cut into 1/4-inch slices

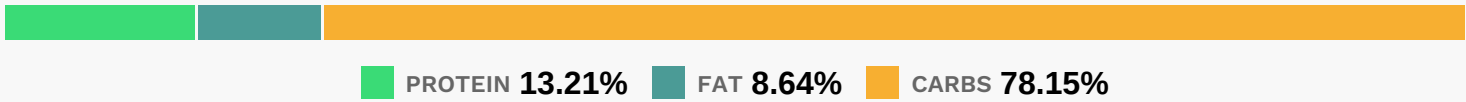
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, combine the vinegar, 1/2 cup water, chilies, ginger, sugar, and salt. Bring to a boil and simmer until the sugar and salt dissolve, about 2 minutes.
- ☐ Remove from heat.
- ☐ Add the red pepper flakes and let sit for 15 minutes.
- ☐ Place the zucchini in a large bowl.
- ☐ Pour in the vinegar brine and let sit at room temperature for 1 hour, stirring occasionally. Zucchini pickles can be kept in the refrigerator for 1 week.

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:4.71, Inflammation Score:-5, Nutrition Score:6.8365217602771%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 68.37kcal (3.42%), Fat: 0.55g (0.85%), Saturated Fat: 0.14g (0.84%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 9.52g (3.46%), Sugar: 9.86g (10.96%), Cholesterol: 0mg (0%), Sodium: 1762.47mg (76.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin C: 27.75mg (33.64%), Manganese: 0.33mg (16.57%), Vitamin B6: 0.26mg (13.14%), Potassium: 407.35mg (11.64%), Folate: 36.23µg (9.06%), Vitamin B2: 0.14mg (8.51%), Vitamin A: 396.23IU (7.92%), Magnesium: 29.25mg (7.31%), Fiber: 1.7g (6.81%), Vitamin K: 6.94µg (6.61%), Phosphorus: 62.23mg (6.22%), Copper: 0.1mg (4.79%), Vitamin B1: 0.07mg (4.59%), Vitamin B3: 0.75mg (3.76%), Iron: 0.67mg (3.72%), Zinc: 0.51mg (3.4%), Calcium: 31.83mg (3.18%), Vitamin B5: 0.31mg (3.12%), Vitamin E: 0.3mg (1.98%), Selenium: 0.89µg (1.27%)