

Mexican Pickled Carrot Sticks

Yield: 8 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/pickled-carrots-vietnamese-style-recipe>

Ingredients:

- 5 carrots
- 1 jalapeno
- 1/4 onion
- 2 cloves garlic
- 2 cups vinegar
- 1 1/2 cups water
- 1/2 teaspoon cumin seeds optional
- 2 teaspoons salt Kosher or sea salt
- cracked pepper freshly
- olive oil

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 5 grams
3. Fat: 2.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 620 milligrams
7. Sugar: 2 grams

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