MEXICAN · SAUCE · SIDE

Chiles en Escabeche (Mexican Pickled Jalapeños and Carrots)

Chiles en vinagre

25 min · Makes 21 × ¼ cup (about 40 g) · 28 kcal a portion

Video 9:38 in Spanish · VICKY RECETA FACIL

Vegan · Gluten-free ingredients · No nuts listed

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A crunchy, low-calorie condiment: 28 kcal and about 2 g net carbs a ¼ cup, from fresh jalapeños and carrots lightly fried in a little oil, with only ½ tsp sugar in the whole batch.

Diet notes: Low carb (2.4 g net carbs) but not keto: 45% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.1 g, 3% of the energy); DASH-friendly (130 mg sodium a serve).

Ingredients 13 · MAKES 21 × ¼ CUP (ABOUT 40 G)

- [ ] 500 g **jalapeño chillies** (about 10), cut into strips
- [ ] 2–3 **carrots** (250 g), sliced on the diagonal
- [ ] ½ medium **onion**, cut into chunks
- [ ] 5 **garlic** cloves
- [ ] about 2 tbsp **oil** (any kind)
- [ ] **coarse salt** to taste (about 2 tsp in the brine; about half stays in the vegetables)
- [ ] ½ tsp **sugar**
- [ ] a pinch of **dried marjoram or oregano**
- [ ] 7 **black peppercorns**
- [ ] 2 **whole cloves**
- [ ] 3 small **bay leaves**
- [ ] 360 ml **white vinegar** (about half is soaked up, the rest stays as brine)
- [ ] 360 ml **water**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the chillies and carrots. Slice the carrots on the diagonal, cut the half onion into chunks and cut the chillies into strips (if you leave them whole, prick each one so the vinegar gets in). 1:43
2. Heat about 2 tbsp oil over high heat, add the onion and garlic and stir for a minute until glassy. 3:27
3. Add the chillies and carrots and keep stirring over high heat for about 5 minutes. 4:12
4. Season with coarse salt, the sugar and the crushed marjoram, then add the bay leaves, peppercorns and cloves and pour in the vinegar and water. 4:29
5. Bring to the boil, taste and adjust the salt, cover and cook 1–2 minutes more so they stay crunchy. Turn off the heat and leave covered for 5 minutes. 5:32
6. Eat them straight away, or let them cool and keep them in a clean jar in the fridge, where they keep for months and taste better after a day. 6:44

> **Tip** Makes about 1.2 L. Keep in a clean jar in the fridge with the vegetables under the brine. The salt isn't measured in the video (we estimate 2 tsp); seed the chillies for less heat.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One portion, ¼ cup (about 40 g), gives you 1 OF 21 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
28 kcal	**0.4** g	**3.5** g	**1.1** g	**1.4** g	**130** mg
120 kJ	1% of a day	2.4 g net · 1.8 g sugars	4% of a day	0.1 g saturated	6% of a day
		1% of a day		2% of a day	

Energy from net carbs 40% · protein 7% · fat 53%

High in (20%+ of a day) Vitamin C 33%

Source of (10–19%) Vitamin A 12%

Recipe and video: VICKY RECETA FACIL (@VICKYRECETAFACIL) on YouTube — youtube.com/watch?v=OFh8Wp-QwZE, published 7 July 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chiles-en-vinagre-escabeche