

# Pickled Carrots and Jalapenos

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**Servings: 12**

*1 1/2 cups white vinegar  
1/4 cup sugar  
1 tablespoon Kosher salt  
2 cups carrots, sliced  
6 jalapeno peppers, sliced  
1/2 red onion, sliced*

In a medium pot, bring the vinegar, sugar and Kosher salt to a simmer, stirring to dissolve the sugar. Remove from the heat.

Stir in the carrots, jalapenos and red onion. Let sit for one hour, stirring occasionally and pressing the vegetables down with a rubber spatula to submerge.

Refrigerate in an airtight container for at least three hours.

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Per Serving (excluding unknown items): 34 Calories; trace Fat (2.1% calories from fat); trace Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 478mg Sodium. Exchanges: 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.