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## Vietnamese Pickled Vegetables ♦

Vietnamese pickled vegetables, also known as **Đồ Chua**, are a popular condiment in Vietnamese cuisine. They are made by pickling a variety of vegetables in a mixture of vinegar, sugar, and salt. The pickled vegetables are tangy, crunchy, and refreshing, and they add a burst of flavor to dishes like banh mi sandwiches and spring rolls. The pickling process also helps to preserve the vegetables, making them a great way to use up any excess produce.

**Recipe Type:** Vegan

**Prep Time:** 20 mins

**Cook Time:** N/A

**Total Time:** 20 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>200 g</b>	Carrots
<b>200 g</b>	daikon radish
<b>150 ml</b>	rice vinegar

50 g	sugar
10 g	salt

## Directions

### Step 1

Cut

Peel and julienne the carrots and daikon radish.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

Mixing

In a bowl, mix the rice vinegar, sugar, and salt until the sugar and salt are dissolved.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

Mixing

Add the julienned carrots and daikon radish to the bowl and toss to coat them in the vinegar mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 4

Refrigerating

Let the vegetables marinate in the refrigerator for at least 1 hour before serving.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

## Nutrition Facts

**Calories:** 50 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 12 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	1 g	5.88%	5.88%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	1 g	2.63%	4%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	20 mg	22.22%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	4 mg	0.12%	0.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Cuisines

Vietnamese

### Course

Salads

Snacks

### Cooking Method

Steaming

Blanching

Sautéing

Pickling

Cutting

Serving

Preparation

Oven

### Meal Type

Supper

Lunch

Dinner

Snack

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

### Difficulty Level

Easy

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