

Gut-Healing Fermented Carrots

Hands-on 10 minutes Overall 2-4 days

Nutritional values (per serving, 1 oz/ 28 g): Total carbs: 3.1 g, Fiber: 0.9 g, **Net carbs: 2.2 g**,

Protein: 0.4 g, Fat: 0.1 g, Calories: 14 kcal,

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Ingredients (makes 8 servings)

3 medium or 5 small carrots (216 g/ 7.6 oz)

2 tbsp sea salt

1 L water (1 quart)

1 tbsp starter culture (*whey from yoghurt, kefir, kombucha or sauerkraut*)

1 large or 2 regular garlic cloves, minced

1 tsp caraway seeds

Optional: 1 small chili, thinly sliced

Note: Carb count in fermented vegetables varies and depends on the level of fermentation (ie fermentation lowers the carb count).

Instructions

1. Thoroughly wash the carrots, then peel and slice them.
2. Place the chopped carrots in a large glass jars or two smaller jars. Top with the garlic, caraway and chilli.
3. Make the salt brine by mixing one litre of lukewarm water with the sea salt and stirring until all of the salt is dissolved.
4. Pour the starter culture evenly into the jars, and then pour in the salt brine. Make sure to cover the carrots completely with the brine.
5. Place an airtight lid on your jars, and leave to ferment in a cupboard or on a shelf away from direct sunlight for 2-4 days. Store in the sealed jar in the fridge. The fermented carrots will last months. Fermented vegetables that have turned 'bad' will start to dull and even go grey in colour, may develop mould and will take on a really off, pungent flavour and smell.

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