

# Low-Carb Pickled Radishes

Hands-on 10 minutes Overall 30 minutes

**Nutritional values (per serving, 2 tbsp/ 25 g/0.9 oz):** Total carbs: 1.4 g, Fiber: 0.5 g,

**Net carbs: 1 g,** Protein: 0.3 g, Fat: 0.2 g, Calories: 10 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 1-quart/L jar)

- 500 grams fresh radishes, sliced (1.1 lb)
- 3/4 cup white vinegar (180 ml/ 6 fl oz)
- 1/4 cup red wine vinegar (60 ml/ 2 fl oz)
- 1/4 cup water (60 ml/ 2 fl oz)
- 3/4 cup granulated [Swerve](#) or [Erythritol](#) (150 g/ 5.3 oz) - *sweetener can be used to taste*
- 2 tsp sea salt or [pink Himalayan salt](#)
- 1 tbsp mustard seeds
- 2 bay leaves

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## Instructions

1. Using a mandolin or very sharp knife cut the radishes into thin slices.
2. Layer the slices into jars. I used two wide mouth pint jars. Place a bay leaf into each jar. I also sprinkled extra mustard seeds into mine, but in hindsight they really weren't necessary.
3. Place the vinegar, water, sweetener, salt and mustard seeds into a saucepan and bring to the boil.
4. Very carefully, ladle the hot vinegar mix over the radishes, stopping to tap the jars firmly on the bench to remove air bubbles. Cover radishes completely with vinegar mix.
5. Make sure rims of jars are clean and seal immediately. If you can stand it, leave for two weeks in the fridge for the flavour to really develop before serving... but it still tastes awesome straight away. Store in the refrigerator, for three months.

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