

# Jalapeno Carrots

Robert Rodriguez - *The Sacramento Bee*  
*Scripps Treasure Coast Newspapers*

2 cups white vinegar  
1/3 cup sugar  
pinch salt  
1 tablespoon pickling spice mix (Or  
20 peppercorns and four bay leaves)  
several carrots (enough to fill a small  
jar)  
3 slices jalapeno pepper

In a pot, combine the vinegar, sugar, salt and  
spices. Heat on high until the mixture comes to  
a boil. Lower the heat and simmer for 30  
seconds. Turn the heat off. Set aside.

Slice the carrots into sticks. Place into a jar.  
Pour the brine into the jar. Add the jalapeno  
slices. Let cool before replacing the lid.

Refrigerate for three hours before tasting. Store  
in the refrigerator.

---

Per Serving (excluding unknown  
items): 312 Calories; trace Fat  
(0.6% calories from fat); 1g Protein;  
91g Carbohydrate; 1g Dietary  
Fiber; 0mg Cholesterol; 6mg  
Sodium. Exchanges: 1/2  
Vegetable; 0 Fat; 6 Other  
Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	312
% Calories from Fat:	0.6%
% Calories from Carbohydrates:	98.8%
% Calories from Protein:	0.6%
Total Fat (g):	trace
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	91g
Dietary Fiber (g):	1g
Protein (g):	1g
	6mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	20mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
	1/2

Sodium (mg):  
Potassium (mg): 572mg  
Calcium (mg): 34mg  
Iron (mg): 3mg  
Zinc (mg): trace  
Vitamin C (mg): 19mg  
Vitamin A (i.u.): 90IU  
Vitamin A (r.e.): 9RE

Vegetable:  
Fruit: 0  
Non-Fat Milk: 0  
Fat: 0  
Other Carbohydrates: 6

## Nutrition Facts

### Amount Per Serving

Calories 312                      Calories from Fat: 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	6mg	0%
<b>Total Carbohydrates</b>	91g	30%
Dietary Fiber	1g	5%
<b>Protein</b>	1g	
<b>Vitamin A</b>		2%
<b>Vitamin C</b>		31%
<b>Calcium</b>		3%
<b>Iron</b>		18%

\* Percent Daily Values are based on a 2000 calorie diet.