



Asian Hot-Sweet Pickle Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 6 small kirby cucumbers seedless sliced thinly sliced
- 0.3 cup dill leaves chopped
- 1 chile pepper red thinly sliced
- 0.7 cup rice wine vinegar
- 1 small bunch scallions cut into long, thin slices on an angle
- 0.5 cup sugar
- 2 tablespoons tamari sauce

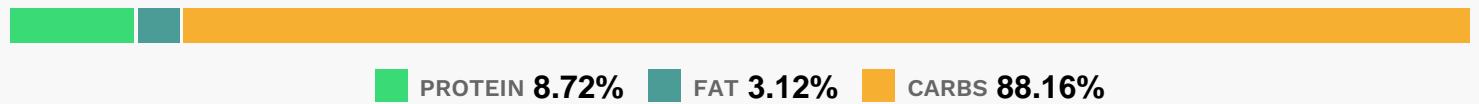
Equipment

- sauce pan

Directions

- Layer the cucumbers, scallions, bay, chile pepper and dill in a storage container with a tight fitting lid.
- In a small saucepan over low heat add the sugar, vinegar and soy sauce. Simmer until the sugar dissolves.
- Pour the hot brine into the cucumber mixture and cover with a lid.
- Let marinate for 10 minutes. Stir the mixture every few minutes.

Nutrition Facts



Properties

Glycemic Index:56.77, Glycemic Load:18.01, Inflammation Score:-7, Nutrition Score:14.42913048682%

Flavonoids

Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 184.64kcal (9.23%), Fat: 0.68g (1.05%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 40.71g (14.8%), Sugar: 33.37g (37.08%), Cholesterol: 0mg (0%), Sodium: 516.62mg (22.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Vitamin K: 87.79µg (83.61%), Vitamin C: 32.41mg (39.29%), Manganese: 0.5mg (24.83%), Potassium: 756.66mg (21.62%), Vitamin A: 869.23IU (17.38%), Magnesium: 67.99mg (17%), Vitamin B6: 0.26mg (13.24%), Phosphorus: 130.45mg (13.05%), Vitamin B5: 1.24mg (12.38%), Copper: 0.22mg (11.25%), Vitamin B2: 0.19mg (11.19%), Folate: 44.04µg (11.01%), Fiber: 2.72g (10.89%), Iron: 1.92mg (10.66%), Vitamin B1: 0.14mg (9.33%), Calcium: 89.02mg (8.9%), Zinc: 1.03mg (6.84%), Vitamin B3: 1.02mg (5.08%), Selenium: 1.88µg (2.68%), Vitamin E: 0.25mg (1.64%)