



Bread-and-Butter Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



76 kcal

Ingredients

- 0.3 cup brown sugar packed
- 0.5 teaspoon celery seed
- 0.5 cup apple cider vinegar
- 1.5 tablespoons kosher salt
- 1.5 teaspoons mustard seeds
- 1 cup onion thinly sliced
- 1.5 pounds cucumber thinly sliced
- 1 cup sugar
- 0.1 teaspoon turmeric

1 cup vinegar white

Equipment

bowl

sauce pan

Directions

Combine cucumbers and salt in a large bowl; cover and chill 1 1/2 hours.

Drain; rinse cucumbers under cold water.

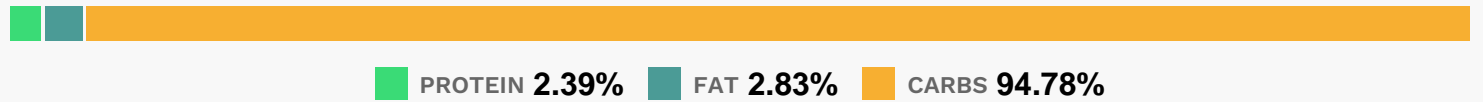
Drain; return cucumbers to bowl.

Add onion to bowl.

Combine sugar and remaining ingredients in a medium saucepan; bring to a simmer over medium heat, stirring until sugar dissolves.

Pour hot vinegar mixture over cucumber mixture; let stand at room temperature 1 hour. Cover and refrigerate 24 hours. Store in an airtight container in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:9.06, Inflammation Score:-2, Nutrition Score:1.4626086794812%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 76.46kcal (3.82%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 17.35g (6.31%), Sugar: 16.88g (18.75%), Cholesterol: 0mg (0%), Sodium: 657.21mg (28.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Manganese: 0.09mg (4.43%), Vitamin K: 3.12µg (2.97%), Vitamin C: 2.14mg (2.59%), Potassium: 86.51mg (2.47%), Folate: 8.36µg (2.09%), Magnesium: 8.31mg (2.08%), Copper: 0.04mg (2.07%), Fiber: 0.51g (2.05%), Vitamin B6: 0.04mg (1.85%), Phosphorus: 15.92mg (1.59%), Calcium:

15mg (1.5%), Vitamin B1: 0.02mg (1.35%), Iron: 0.23mg (1.28%), Selenium: 0.89 μ g (1.27%), Vitamin B5: 0.12mg (1.21%)