

Caraway Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

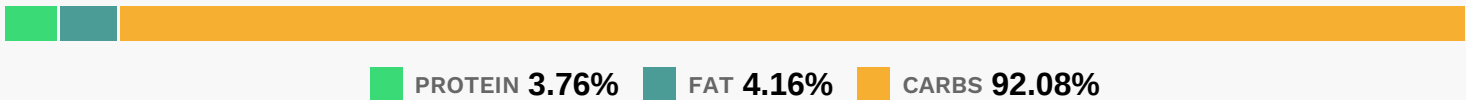
- ☐ 1 cup apple cider vinegar
- ☐ 1 tablespoon caraway seeds
- ☐ 1 "-4" cinnamon stick
- ☐ 1.3 pounds kirby cucumbers english cut into 1/8"-thick rounds
- ☐ 0.3 cup kosher salt
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 cup rice vinegar
- ☐ 0.5 cup sugar

Equipment

Directions

- ☐ Place cucumbers in a stainless-steel or heatproof glass container; set aside.
- ☐ Bring sugar, all remaining ingredients, and 1/2 cup water just to a boil in a small saucepan over medium-high heat, stirring until sugar and salt are completely dissolved.
- ☐ Let cool for 10 minutes.
- ☐ Pour pickling liquid over cucumbers. Cover and chill overnight or up to 3 days.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:18.01, Inflammation Score:-3, Nutrition Score:5.1126087333845%

Nutrients (% of daily need)

Calories: 145.85kcal (7.29%), Fat: 0.61g (0.94%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 28.04g (10.2%), Sugar: 27.24g (30.26%), Cholesterol: 0mg (0%), Sodium: 7089.23mg (308.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Manganese: 0.49mg (24.37%), Vitamin K: 11.01µg (10.48%), Fiber: 2.2g (8.8%), Potassium: 273.42mg (7.81%), Copper: 0.14mg (6.9%), Magnesium: 25.96mg (6.49%), Vitamin C: 4.89mg (5.92%), Calcium: 53.23mg (5.32%), Vitamin A: 258.33IU (5.17%), Iron: 0.93mg (5.14%), Folate: 20.19µg (5.05%), Phosphorus: 47.68mg (4.77%), Vitamin B6: 0.09mg (4.48%), Vitamin B5: 0.35mg (3.48%), Vitamin B1: 0.05mg (3.41%), Vitamin B2: 0.05mg (3%), Zinc: 0.41mg (2.75%), Vitamin E: 0.29mg (1.94%), Selenium: 1µg (1.43%)