

Chinese Pickled Cucumbers



Vegetarian



Gluten Free



Dairy Free

READY IN



580 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients



1 large cucumber english cut into 1/4 inch slices



3 tablespoons honey



3 tablespoons rice vinegar



0.5 teaspoon salt

Equipment



bowl

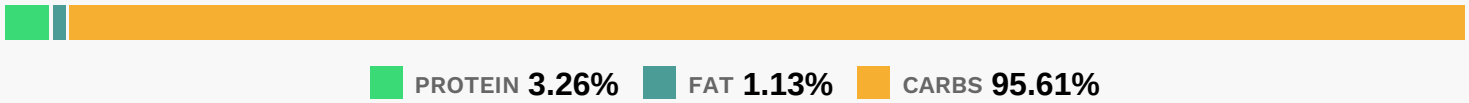


colander

Directions

- ☐
- Place cucumber slices into a colander in the sink and lightly sprinkle with salt, tossing to coat. Allow cucumber to drain for 30 minutes. Gently shake the colander to remove any excess liquid and transfer cucumber to a large bowl. Stir in rice vinegar and honey, making sure to coat each cucumber slice evenly. Cover and refrigerate overnight. Toss cucumber and return to the refrigerator for an additional hour.
- ☐
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:6.77, Inflammation Score:-1, Nutrition Score:1.9530434893525%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 61.29kcal (3.06%), Fat: 0.08g (0.13%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.3g (5.56%), Sugar: 14.19g (15.76%), Cholesterol: 0mg (0%), Sodium: 293.05mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Vitamin K: 12.3µg (11.71%), Manganese: 0.08mg (3.96%), Potassium: 118.74mg (3.39%), Vitamin C: 2.18mg (2.64%), Magnesium: 10.19mg (2.55%), Vitamin B5: 0.2mg (2.05%), Phosphorus: 19.11mg (1.91%), Copper: 0.04mg (1.87%), Vitamin B2: 0.03mg (1.81%), Vitamin B6: 0.03mg (1.69%), Fiber: 0.41g (1.63%), Vitamin A: 78.75IU (1.58%), Iron: 0.28mg (1.57%), Folate: 5.57µg (1.39%), Calcium: 13.85mg (1.38%), Vitamin B1: 0.02mg (1.35%), Zinc: 0.19mg (1.24%)