



Crisp Marinated Cucumbers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon celery seed
- 2 cucumbers sliced
- 0.5 teaspoon salt
- 0.3 cup onion sweet sliced
- 0.5 cup sugar white
- 0.5 cup vinegar white

Equipment

- bowl

whisk

Directions

Whisk vinegar, sugar, salt, and celery seed together in a large bowl; stir in cucumbers and onion. Cover and refrigerate overnight.

Serve cold.

Nutrition Facts



PROTEIN 3.21% **FAT 2.63%** **CARBS 94.16%**

Properties

Glycemic Index:33.77, Glycemic Load:17.79, Inflammation Score:-2, Nutrition Score:3.4821739326353%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 123.68kcal (6.18%), Fat: 0.36g (0.55%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 27.8g (10.11%), Sugar: 27.54g (30.6%), Cholesterol: 0mg (0%), Sodium: 295.57mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin K: 10.83µg (10.31%), Manganese: 0.15mg (7.29%), Vitamin C: 5.3mg (6.43%), Potassium: 218.85mg (6.25%), Copper: 0.12mg (5.88%), Folate: 23.31µg (5.83%), Magnesium: 19.78mg (4.94%), Fiber: 1.15g (4.62%), Vitamin B6: 0.09mg (4.53%), Vitamin B5: 0.37mg (3.7%), Phosphorus: 36.16mg (3.62%), Vitamin B1: 0.05mg (3.4%), Calcium: 27.55mg (2.76%), Vitamin B2: 0.04mg (2.62%), Iron: 0.44mg (2.43%), Vitamin A: 108.17IU (2.16%), Zinc: 0.28mg (1.89%)