



WHATSheATE



Cucumber Apple Pickle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



145 kcal

SIDE DISH

Ingredients

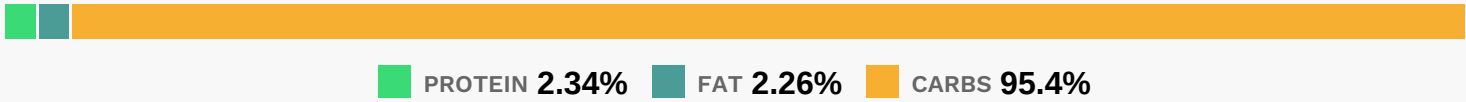
- ☐ 0.3 cup cider vinegar (not seasoned)
- ☐ 0.5 pound kirby cucumbers
- ☐ 1 tablespoon matchsticks of ginger peeled very thin
- ☐ 0.5 apples i use 2 granny smith apples
- ☐ 1.3 teaspoons sea salt fine
- ☐ 0.3 cup sugar
- ☐ 2 cups water

Equipment

Directions

- ☐ Slice cucumbers crosswise 1/8 inch thick and toss with sea salt.
- ☐ Let stand 30 minutes, then rinse well and squeeze out excess liquid with your hands.
- ☐ Halve apple half lengthwise and cut out core. Slice crosswise 1/8 inch thick.
- ☐ Toss apple with cucumbers and remaining ingredients and marinate, chilled, turning occasionally, at least 1 day.
- ☐ Pickles keep, chilled, 3 days.

Nutrition Facts



Properties

Glycemic Index:86.05, Glycemic Load:19.59, Inflammation Score:-2, Nutrition Score:3.72521735663%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 144.68kcal (7.23%), Fat: 0.37g (0.56%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 32.67g (11.88%), Sugar: 31.47g (34.96%), Cholesterol: 0mg (0%), Sodium: 1470.67mg (63.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Manganese: 0.21mg (10.53%), Vitamin K: 9.17µg (8.73%), Fiber: 1.96g (7.82%), Copper: 0.14mg (7.23%), Vitamin C: 5.9mg (7.15%), Potassium: 247.31mg (7.07%), Magnesium: 21.78mg (5.45%), Folate: 17.63µg (4.41%), Vitamin B6: 0.08mg (4.1%), Phosphorus: 33.2mg (3.32%), Vitamin B5: 0.31mg (3.07%), Calcium: 30.2mg (3.02%), Vitamin B1: 0.04mg (2.92%), Vitamin B2: 0.05mg (2.71%), Iron: 0.43mg (2.39%), Vitamin A: 106.22IU (2.12%), Zinc: 0.27mg (1.79%)