



## Cucumber Pickle Spears

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 large dill sprigs
- 1 garlic clove halved
- 1 pound pickling cucumbers cut lengthwise into 6 spears
- 2 teaspoons salt
- 0.3 cup sugar
- 1 cup water
- 1 cup vinegar white

### Equipment

- bowl
- sauce pan
- colander

## Directions

- Place cucumber spears in a large bowl.
- Sprinkle with salt, and toss gently to coat. Cover and chill 2 hours.
- Drain cucumber spears in a colander. Rinse under cold water; drain well. Pack cucumber spears into a wide-mouth 1-quart jar.
- Add dill and garlic to jar; set aside.
- Combine vinegar, water, and sugar in a small saucepan; bring to a boil, stirring until sugar dissolves.
- Pour hot liquid over cucumber spears. Cover jar with metal lid, and screw on band. Cool completely. Cover and marinate in refrigerator 5 days before serving.
- Note: Pickles will last up to 6 weeks in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:1.51, Inflammation Score:-1, Nutrition Score:0.47173912871791%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 12.44kcal (0.62%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 2.4g (0.87%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 194.99mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Vitamin K: 1.36µg (1.3%), Manganese: 0.02mg (1.19%)