

# Dilly Sweet Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

## Ingredients

- 0.5 cup apple cider vinegar
- 2 teaspoons optional: dill
- 1 teaspoon salt
- 0.5 cup sugar
- 1 pound onion sweet thinly sliced
- 0.3 cup vegetable oil

## Equipment

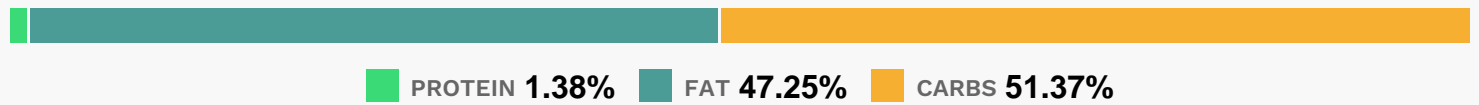
- bowl

- sauce pan
- slotted spoon

## Directions

- Place the onions in a large bowl. In a small saucepan, combine the sugar, vinegar, oil, dill and salt; bring to a boil, stirring constantly.
- Pour over onions and toss to coat. Cover and refrigerate for at least 5 hours.
- Serve with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:31.27, Glycemic Load:17.56, Inflammation Score:-4, Nutrition Score:4.0121739367428%

## Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 16.49mg, Quercetin: 16.49mg, Quercetin: 16.49mg, Quercetin: 16.49mg

## Nutrients (% of daily need)

Calories: 259.28kcal (12.96%), Fat: 13.8g (21.23%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 32.72g (11.9%), Sugar: 30.76g (34.18%), Cholesterol: 0mg (0%), Sodium: 592.22mg (25.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin K: 25.4µg (24.19%), Manganese: 0.16mg (8.19%), Vitamin E: 1.14mg (7.58%), Vitamin B6: 0.15mg (7.38%), Vitamin C: 5.49mg (6.65%), Folate: 26.16µg (6.54%), Potassium: 157.74mg (4.51%), Fiber: 1.02g (4.09%), Copper: 0.07mg (3.41%), Phosphorus: 33.04mg (3.3%), Vitamin B1: 0.05mg (3.1%), Magnesium: 11.74mg (2.94%), Calcium: 25.48mg (2.55%), Iron: 0.38mg (2.1%), Vitamin B2: 0.03mg (1.62%), Vitamin B5: 0.11mg (1.11%), Zinc: 0.16mg (1.09%), Selenium: 0.75µg (1.07%)