



Easy Refrigerator Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon celery seeds
- 6 cups cucumber thinly sliced
- 0.5 teaspoon ground turmeric
- 0.5 teaspoon mustard seeds
- 2 cups onion thinly sliced
- 0.5 teaspoon salt
- 1 cup sugar
- 1.5 cups vinegar white

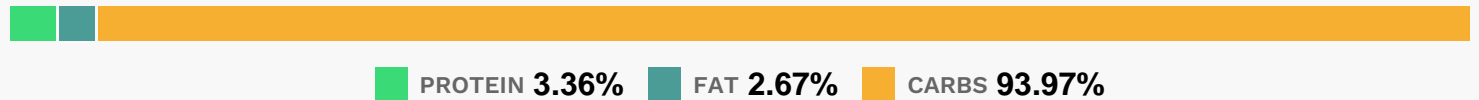
Equipment

- bowl
- sauce pan

Directions

- Place half of cucumber in a large glass bowl, and top with half of onion. Repeat procedure with remaining cucumber and onion.
- Combine vinegar and remaining ingredients in a saucepan; stir well. Bring to a boil; cook 1 minute.
- Pour over cucumber mixture; let cool. Cover and marinate in refrigerator 4 days.
- Note: Pickles can be stored in refrigerator for up to 1 month

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:5.29, Inflammation Score:-3, Nutrition Score:0.9743478262554%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 38.49kcal (1.92%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.44g (3.07%), Sugar: 8.02g (8.91%), Cholesterol: 0mg (0%), Sodium: 42.98mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Manganese: 0.05mg (2.51%), Vitamin C: 1.78mg (2.15%), Vitamin K: 2.11µg (2.01%), Potassium: 57.67mg (1.65%), Fiber: 0.41g (1.65%), Folate: 6.27µg (1.57%), Vitamin B6: 0.03mg (1.47%), Copper: 0.03mg (1.35%), Magnesium: 5.12mg (1.28%), Phosphorus: 10.58mg (1.06%)