



Easy Refrigerator Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon celery seeds
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 4 garlic cloves thinly sliced
- ☐ 0.5 teaspoon ground turmeric
- ☐ 0.5 teaspoon mustard seeds
- ☐ 2 cups onion thinly sliced
- ☐ 2 pounds pickling cucumbers thinly sliced

- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.5 cups vinegar white

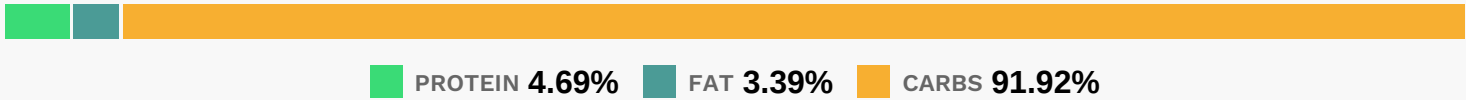
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place 3 cups cucumber in a medium glass bowl; top with 1 cup onion. Repeat procedure with the remaining 3 cups cucumber and remaining 1 cup onion.
- ☐ Combine vinegar and remaining ingredients in a small saucepan; stir well. Bring to a boil; cook 1 minute.
- ☐ Pour over cucumber mixture; let cool. Cover and chill at least 4 days.
- ☐ Note: Pickles may be stored in the refrigerator for up to one month.

Nutrition Facts



Properties

Glycemic Index:8.18, Glycemic Load:4.09, Inflammation Score:-3, Nutrition Score:1.1504347952812%

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: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 32.87kcal (1.64%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.87g (2.5%), Sugar: 6.3g (7%), Cholesterol: 0mg (0%), Sodium: 64.46mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.75%), Manganese: 0.06mg (3.16%), Vitamin C: 2.04mg (2.47%), Vitamin K: 2.46µg (2.34%), Vitamin B6: 0.04mg (1.88%), Potassium: 65.59mg (1.87%), Fiber: 0.47g (1.86%), Folate:

6.84µg (1.71%), Copper: 0.03mg (1.58%), Magnesium: 5.78mg (1.45%), Phosphorus: 12.19mg (1.22%), Vitamin B1:
0.02mg (1.12%)