



## Freezer Cucumber Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



302 kcal

SIDE DISH

### Ingredients

- 3.5 cups cucumber thinly sliced
- 2 small onions separated sliced
- 1 tablespoon salt
- 1 cup sugar
- 3 tablespoons water
- 0.5 cup vinegar white

### Equipment

- bowl

sauce pan

## Directions

Combine first 3 ingredients in a large bowl; set aside.

Cook sugar, vinegar, and 3 tablespoons water in a saucepan over medium heat, stirring until sugar dissolves.

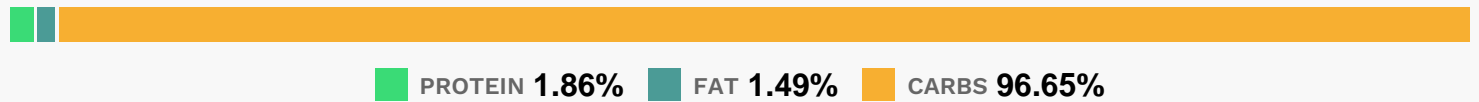
Pour over cucumber mixture.

Cover and chill 48 hours.

Spoon into half-pint jars or freezer containers; seal, label, and freeze pickles up to 6 months. Thaw in refrigerator before serving; use thawed pickles within a week.

Prep: 30 min., Chill: 48 hrs.

## Nutrition Facts



## Properties

Glycemic Index:54.03, Glycemic Load:47.85, Inflammation Score:-4, Nutrition Score:4.5799999936767%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg

## Nutrients (% of daily need)

Calories: 301.6kcal (15.08%), Fat: 0.51g (0.78%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 74.13g (24.71%), Net Carbohydrates: 72.25g (26.27%), Sugar: 70.67g (78.52%), Cholesterol: 0mg (0%), Sodium: 2332.72mg (101.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin K: 11.36µg (10.82%), Manganese: 0.21mg (10.28%), Vitamin C: 8.42mg (10.2%), Potassium: 281.82mg (8.05%), Folate: 30.59µg (7.65%), Fiber: 1.88g (7.52%), Copper: 0.14mg (6.99%), Vitamin B6: 0.14mg (6.76%), Magnesium: 23.92mg (5.98%), Phosphorus: 47.82mg (4.78%), Vitamin B1: 0.07mg (4.64%), Vitamin B5: 0.43mg (4.3%), Vitamin B2: 0.06mg (3.77%), Calcium: 37.56mg (3.76%), Iron: 0.51mg (2.81%), Zinc: 0.36mg (2.41%), Vitamin A: 112.65IU (2.25%), Selenium: 1.01µg (1.44%)