



Fresh Sriracha Refrigerator Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



31 kcal

SIDE DISH

Ingredients

- 4 oz fresno and jalapeno peppers red coarsely chopped
- 1 cup rice vinegar
- 3 cloves garlic
- 2 tablespoons sugar
- 1 teaspoon ginger grated
- 1 teaspoon coarse salt (kosher or sea)
- 2 cups cucumber english seedless unpeeled very thinly sliced ()
- 0.5 cup onion white thinly sliced (1 medium)

0.3 cup cilantro leaves fresh

Equipment

food processor

bowl

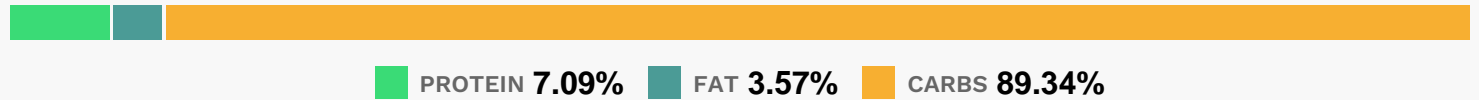
Directions

In food processor bowl, place chiles, vinegar, garlic, sugar, gingerroot and salt. Cover; process with on-and-off pulses about 1 minute or until well combined.

In medium bowl, place cucumber, onions and cilantro.

Pour chili mixture over cucumber mixture; toss to coat. Cover; refrigerate at least 1 hour or overnight before serving. Store covered in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:2.59, Inflammation Score:-3, Nutrition Score:3.0182609065719%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 31.29kcal (1.56%), Fat: 0.11g (0.17%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 5.5g (2%), Sugar: 4.47g (4.97%), Cholesterol: 0mg (0%), Sodium: 293.15mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Vitamin C: 18.78mg (22.76%), Vitamin K: 8.5µg (8.09%), Vitamin B6: 0.1mg (4.84%), Manganese: 0.09mg (4.36%), Vitamin A: 214.15IU (4.28%), Vitamin E: 0.53mg (3.54%), Fiber: 0.74g (2.96%), Potassium: 96.88mg (2.77%), Folate: 7.92µg (1.98%), Magnesium: 7.35mg (1.84%), Phosphorus: 16.15mg (1.61%), Copper: 0.03mg (1.42%), Vitamin B2: 0.02mg (1.41%), Vitamin B5: 0.13mg (1.34%), Vitamin B1: 0.02mg (1.33%), Calcium: 12.69mg (1.27%), Vitamin B3: 0.23mg (1.17%)