



Homemade Dill Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

Ingredients

- 1 pound kirby cucumbers
- 2 teaspoons dill seed
- 4 sprigs optional: dill fresh
- 2 cloves garlic
- 2 tablespoons kosher salt
- 1 small onion thinly sliced
- 0.5 cup sugar

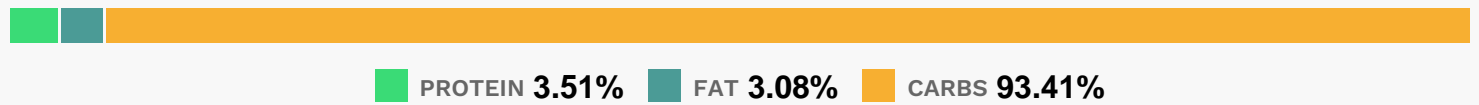
Equipment

- bowl
- sauce pan
- colander

Directions

- Wash the cucumbers and quarter lengthwise.
- Place a colander in a sink.
- Add the cucumbers, sprinkle with the salt, and toss to coat.
- Let stand for 1 hour. Rinse the cucumbers and pat dry.
- Place 1 cup of water, the sugar, dill seed, onion, and garlic in a large saucepan over medium heat. Stir until the sugar dissolves.
- Add the cucumbers and fresh dill and bring to a boil. Reduce heat to medium-low and simmer for 20 minutes.
- Remove from heat.
- Transfer to a serving bowl and let cool. Cover and refrigerate for at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:9.1, Inflammation Score:-1, Nutrition Score:1.7234782498816%

Flavonoids

Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 61.19kcal (3.06%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 14.36g (5.22%), Sugar: 13.64g (15.15%), Cholesterol: 0mg (0%), Sodium: 1746.01mg (75.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Manganese: 0.08mg (4.06%), Vitamin K: 4.13µg (3.93%), Vitamin C: 2.89mg (3.5%), Potassium: 100.47mg (2.87%), Fiber: 0.67g (2.7%), Copper: 0.05mg (2.62%), Vitamin B6: 0.05mg (2.51%), Folate: 9.83µg (2.46%), Magnesium: 9.31mg (2.33%), Calcium: 20.68mg (2.07%), Phosphorus: 17.11mg (1.71%), Vitamin B1: 0.03mg (1.69%), Vitamin B5: 0.15mg (1.52%), Iron: 0.27mg (1.5%), Vitamin

B2: 0.02mg (1.27%), Zinc: 0.15mg (1.03%)