



How to Make Pickled Red Onions



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



1

CALORIES



646 kcal

SIDE DISH

Ingredients



1 pound onions red thinly sliced (2 or 1 large)



1.5 cups vinegar white



0.5 cup sugar



0.5 cinnamon sticks



5 cloves



1 bay leaf



1 star anise



1 Dash pepper flakes red

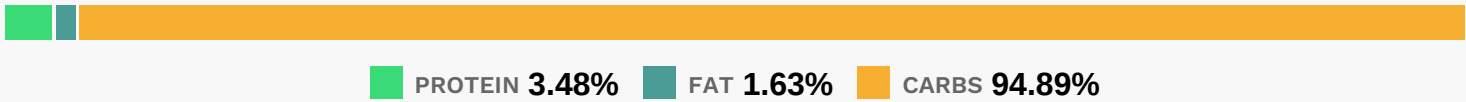
Equipment

- ☐ sauce pan
- ☐ colander

Directions

- ☐ Blanch the onions: Blanch red onions in a saucepan of boiling water for 2 minutes.
- ☐ Drain in colander.
- ☐ Boil vinegar with sugar and spices: While the water is heating in step 1, in a separate saucepan combine the vinegar, sugar and spices. Bring to a boil, reduce heat to simmer, cover and simmer for 5 minutes.
- ☐ Add blanched, drained onions to the vinegar mixture. Simmer for 1 minute.
- ☐ Transfer to a glass jar. Allow to stand until cooled. Will keep several weeks refrigerated.

Nutrition Facts



Properties

Glycemic Index:157.09, Glycemic Load:79.29, Inflammation Score:-9, Nutrition Score:15.346521849218%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 22.73mg, Isorhamnetin: 22.73mg, Isorhamnetin: 22.73mg, Isorhamnetin: 22.73mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 92.08mg, Quercetin: 92.08mg, Quercetin: 92.08mg, Quercetin: 92.08mg

Nutrients (% of daily need)

Calories: 646.31kcal (32.32%), Fat: 1.11g (1.7%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 144.81g (48.27%), Net Carbohydrates: 135.62g (49.32%), Sugar: 119.25g (132.5%), Cholesterol: 0mg (0%), Sodium: 31.56mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.63%), Manganese: 1.74mg (86.97%), Vitamin C: 33.89mg (41.08%), Fiber: 9.19g (36.75%), Vitamin B6: 0.56mg (28.07%), Folate: 86.85µg (21.71%), Potassium: 706.53mg (20.19%), Calcium: 159.76mg (15.98%), Phosphorus: 153.81mg (15.38%), Vitamin B1: 0.21mg (14.29%), Magnesium: 54.79mg (13.7%), Copper: 0.23mg (11.35%), Iron: 1.81mg (10.06%), Vitamin B2: 0.15mg (8.74%), Selenium: 4.98µg (7.11%), Zinc: 0.94mg (6.24%), Vitamin B5: 0.58mg (5.78%), Vitamin K: 3.88µg (3.7%), Vitamin B3:

0.61mg (3.05%), Vitamin E: 0.26mg (1.72%), Vitamin A: 54.78IU (1.1%)