



Marinated Cucumbers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



25

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon celery seed
- ☐ 2.8 lb cucumbers thinly sliced
- ☐ 0.5 bell pepper green finely chopped
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground turmeric
- ☐ 25 servings ice cubes
- ☐ 0.3 teaspoon mustard seed
- ☐ 2 small onions thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1.3 cups vinegar white

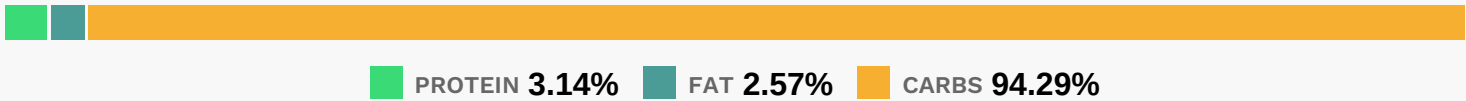
Equipment

- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Spread vegetables in a 13- x 9-inch baking dish; sprinkle evenly with salt. Cover with ice; let stand 3 hours or until cool and crisp.
- ☐ Drain and return to dish.
- ☐ Bring sugar and next 5 ingredients to a boil in a saucepan over medium-high heat.
- ☐ Let cool slightly.
- ☐ Pour mixture over vegetables. Cover and chill at least 4 hours or up to 5 days.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:7.22, Inflammation Score:-2, Nutrition Score:1.4843478209299%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 49.85kcal (2.49%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 11.22g (4.08%), Sugar: 10.97g (12.19%), Cholesterol: 0mg (0%), Sodium: 51.06mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin C: 3.94mg (4.77%), Vitamin K: 3.82µg (3.64%),

Manganese: 0.07mg (3.5%), Copper: 0.05mg (2.52%), Potassium: 81.87mg (2.34%), Folate: 8.35µg (2.09%), Fiber: 0.5g (2.01%), Magnesium: 7.76mg (1.94%), Vitamin B6: 0.04mg (1.91%), Phosphorus: 13.52mg (1.35%), Vitamin B1: 0.02mg (1.32%), Vitamin B5: 0.13mg (1.29%), Calcium: 11.68mg (1.17%)