



Marinated Onion Rings

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon optional: dill dried
- 2 cups cucumber english peeled thinly sliced (2 cucumbers)
- 1 tablespoon salt
- 0.7 cup sugar
- 6 cups walla walla sweet thinly sliced (2 large)
- 0.5 cup water
- 0.8 cup vinegar white

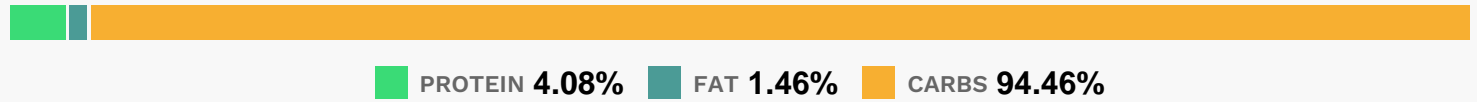
Equipment

- bowl
- sauce pan

Directions

- Combine onion and cucumber in a large bowl.
- Combine vinegar and remaining ingredients in a small saucepan. Bring to a boil; cook 1 minute or until sugar dissolves, stirring occasionally.
- Pour hot vinegar mixture over onion mixture, tossing to coat. Cover and chill at least 8 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:3.88, Inflammation Score:-2, Nutrition Score:1.0913043537218%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 37.03kcal (1.85%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.02%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8.49g (3.09%), Sugar: 7.7g (8.56%), Cholesterol: 0mg (0%), Sodium: 294.61mg (12.81%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin B6: 0.06mg (2.81%), Vitamin C: 2.18mg (2.65%), Folate: 9.81µg (2.45%), Manganese: 0.04mg (2.21%), Potassium: 62.05mg (1.77%), Fiber: 0.41g (1.64%), Vitamin K: 1.54µg (1.47%), Copper: 0.03mg (1.4%), Phosphorus: 13.43mg (1.34%), Magnesium: 5.05mg (1.26%), Vitamin B1: 0.02mg (1.26%), Calcium: 10.99mg (1.1%)