



Microwave Bread and Butter Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



30 min.

SERVINGS



3

CALORIES



294 kcal

Ingredients

- 0.3 teaspoon celery seed
- 1 large cucumber sliced
- 0.3 teaspoon ground turmeric
- 0.5 teaspoon mustard seeds
- 1 onion thinly sliced
- 1 teaspoon salt
- 0.5 cup distilled vinegar white
- 1 cup sugar white

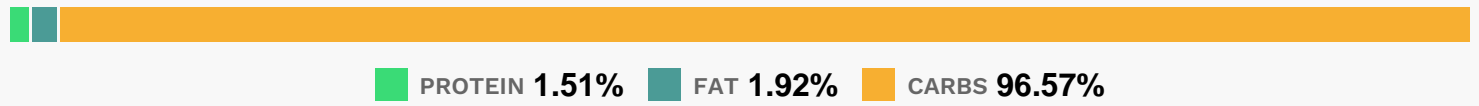
Equipment

- bowl
- microwave

Directions

- In a medium microwave safe bowl, mix cucumber, salt, onion, mustard seeds, white sugar, distilled white vinegar, celery seed and turmeric.
- Microwave on high 7 to 8 minutes, stirring twice, until cucumbers are tender and onion is translucent.
- Transfer to sterile containers. Seal and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:55.7, Glycemic Load:47.51, Inflammation Score:-8, Nutrition Score:3.4286956579789%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 293.97kcal (14.7%), Fat: 0.64g (0.98%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 72.18g (24.06%), Net Carbohydrates: 70.78g (25.74%), Sugar: 69.43g (77.15%), Cholesterol: 0mg (0%), Sodium: 780.41mg (33.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Manganese: 0.18mg (9.07%), Vitamin C: 5.81mg (7.04%), Vitamin K: 6.92µg (6.59%), Fiber: 1.39g (5.57%), Potassium: 193.04mg (5.52%), Folate: 20.92µg (5.23%), Vitamin B6: 0.1mg (4.9%), Copper: 0.09mg (4.74%), Magnesium: 18.22mg (4.55%), Phosphorus: 37.43mg (3.74%), Vitamin B1: 0.05mg (3.38%), Calcium: 29.78mg (2.98%), Iron: 0.52mg (2.92%), Vitamin B2: 0.05mg (2.83%), Selenium: 1.96µg (2.8%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.28mg (1.89%), Vitamin A: 68.18IU (1.36%)