



Mona's Easy Refrigerator Pickles

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

324 kcal

SIDE DISH

Ingredients

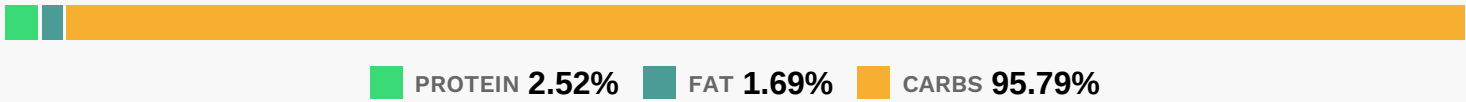
- ☐ 6 cups cucumbers peeled sliced
- ☐ 2 cups onion sliced
- ☐ 2 tablespoons salt
- ☐ 1.3 cups sugar white
- ☐ 1 cup vinegar white

Equipment

Directions

- ☐ Stir sugar, salt, and vinegar together in a plastic container with a lid until sugar is mostly dissolved.
- ☐ Place cucumbers and onion in the vinegar solution; stir to coat. Cover container and refrigerate for at least 2 days, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:48.64, Inflammation Score:-5, Nutrition Score:6.3721738768661%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 324.08kcal (16.2%), Fat: 0.61g (0.94%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 78.21g (26.07%), Net Carbohydrates: 75.45g (27.44%), Sugar: 72.7g (80.78%), Cholesterol: 0mg (0%), Sodium: 3497.35mg (152.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin C: 12.3mg (14.91%), Manganese: 0.3mg (14.78%), Vitamin K: 14.68µg (13.98%), Potassium: 391.45mg (11.18%), Fiber: 2.76g (11.03%), Folate: 43.13µg (10.78%), Vitamin B6: 0.2mg (9.89%), Copper: 0.18mg (9.2%), Magnesium: 32.67mg (8.17%), Phosphorus: 67.64mg (6.76%), Vitamin B1: 0.1mg (6.58%), Vitamin B5: 0.58mg (5.77%), Calcium: 52.98mg (5.3%), Vitamin B2: 0.08mg (4.95%), Iron: 0.69mg (3.83%), Zinc: 0.5mg (3.31%), Vitamin A: 145.24IU (2.9%), Selenium: 1.33µg (1.9%)