

Pickled



Vegetarian



Gluten Free



Dairy Free

READY IN

ready

65 min.

SERVINGS

servings

4

CALORIES

calories

96 kcal

SIDE DISH

Ingredients



1 tablespoon cilantro leaves finely chopped



1 tablespoon honey



2 tablespoons olive oil



1 large onion finely sliced



0.3 cup red wine vinegar



4 servings salt and pepper

Equipment

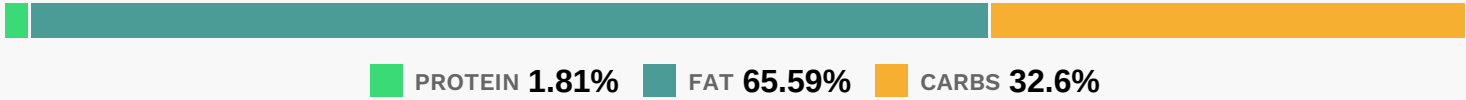


bowl

Directions

- ☐ Place all ingredients in a small bowl and season with salt and pepper to taste.
- ☐ Let sit at room temperature for 1 hour.

Nutrition Facts



Properties

Glycemic Index:27.82, Glycemic Load:3.03, Inflammation Score:-2, Nutrition Score:1.5408695521562%

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: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg 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: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 95.7kcal (4.79%), Fat: 7.04g (10.83%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.22g (2.63%), Sugar: 5.9g (6.56%), Cholesterol: 0mg (0%), Sodium: 196.88mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.87%), Vitamin E: 1.02mg (6.79%), Vitamin K: 4.67µg (4.45%), Vitamin C: 2.9mg (3.52%), Manganese: 0.06mg (3.02%), Fiber: 0.65g (2.6%), Vitamin B6: 0.05mg (2.32%), Potassium: 63.94mg (1.83%), Folate: 7.29µg (1.82%), Phosphorus: 12.33mg (1.23%), Iron: 0.21mg (1.17%), Vitamin B1: 0.02mg (1.15%), Magnesium: 4.48mg (1.12%), Calcium: 10.09mg (1.01%)