

Pickled Cucumbers and Red Onion

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

320 min.

SERVINGS

servings

3

CALORIES

calories

303 kcal

SIDE DISH

Ingredients

- ☐ 5 to 6 allspice berries
- ☐ 1 hothouse cucumber seedless
- ☐ 2 tablespoons picked dill sprigs fresh
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 small onion red
- ☐ 1 cup sugar
- ☐ 1.5 cups vinegar white

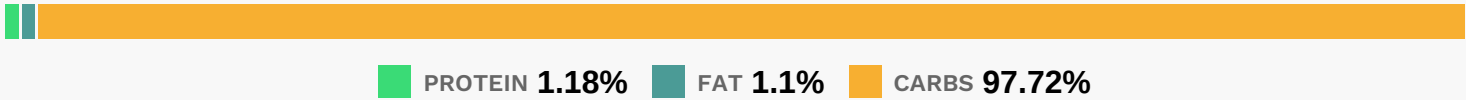
Equipment

- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ plastic wrap
- ☐ mandoline

Directions

- ☐ Watch how to make this recipe.
- ☐ Using a mandoline or sharp knife, finely slice the cucumbers and red onion. Put in a mixing bowl with the dill sprigs and a pinch of salt while you prepare the pickling solution.
- ☐ In a small pot over medium heat, combine white vinegar, sugar, allspice and salt. Stir well until the liquid is simmering and the sugar has completely dissolved.
- ☐ Pour pickling liquid over red onion and cucumbers and stir to ensure everything is evenly coated. Allow to cool to room temperature, then cover with plastic wrap (press the plastic wrap down onto the cucumbers so there is no air) and refrigerate. Chill for at least 4 hours to cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:59.03, Glycemic Load:46.96, Inflammation Score:-2, Nutrition Score:3.3139130071453%

Flavonoids

Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 302.5kcal (15.13%), Fat: 0.36g (0.55%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 71.93g (23.98%), Net Carbohydrates: 71.08g (25.85%), Sugar: 69.03g (76.7%), Cholesterol: 0mg (0%), Sodium: 200.03mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin K: 16.47µg (15.69%), Manganese: 0.18mg (9.21%), Vitamin C: 4.45mg (5.39%), Potassium: 181.4mg (5.18%), Magnesium: 16.49mg (4.12%), Phosphorus: 34.78mg (3.48%), Fiber: 0.85g (3.41%), Vitamin B6: 0.06mg (3.14%), Copper: 0.06mg (3.1%), Calcium: 30.31mg

(3.03%), Vitamin B2: 0.05mg (3.03%), Vitamin B5: 0.28mg (2.83%), Folate: 10.94µg (2.74%), Vitamin A: 126.85IU (2.54%), Vitamin B1: 0.04mg (2.38%), Iron: 0.42mg (2.34%), Selenium: 1.43µg (2.05%), Zinc: 0.26mg (1.7%)