



Pickled Ginger Cucumbers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

Ingredients

- 2 tablespoons ginger fresh minced peeled
- 4 tablespoons matchstick-cut pickled ginger drained
- 2 pounds pickling cucumbers english halved cut into 1/8-inch-thick slices
- 1 cup rice vinegar
- 1 teaspoon salt
- 1 cup sugar

Equipment

- bowl

plastic wrap

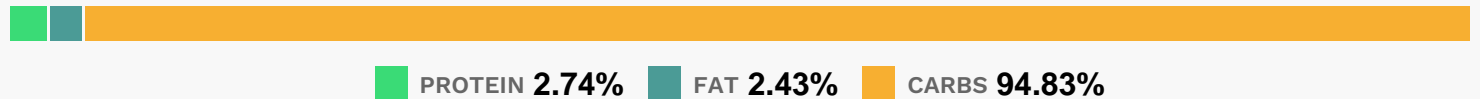
Directions

Place cucumber slices in bowl.

Combine pickled ginger and all remaining ingredients; add to cucumbers, and toss gently to coat. Cover with plastic wrap, and chill for at least 30 minutes.

Serve cold.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:23.9, Inflammation Score:-3, Nutrition Score:3.7639130690823%

Nutrients (% of daily need)

Calories: 163.99kcal (8.2%), Fat: 0.44g (0.68%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 38.67g (12.89%), Net Carbohydrates: 37.37g (13.59%), Sugar: 35.58g (39.53%), Cholesterol: 0mg (0%), Sodium: 393.39mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin K: 10.9µg (10.38%), Manganese: 0.16mg (8.22%), Potassium: 258.41mg (7.38%), Copper: 0.14mg (7.02%), Vitamin C: 5.45mg (6.61%), Magnesium: 23.88mg (5.97%), Folate: 22.52µg (5.63%), Fiber: 1.3g (5.22%), Vitamin B6: 0.1mg (4.84%), Vitamin B5: 0.39mg (3.88%), Phosphorus: 37.64mg (3.76%), Vitamin B1: 0.05mg (3.33%), Vitamin B2: 0.05mg (2.84%), Calcium: 26.26mg (2.63%), Iron: 0.44mg (2.44%), Vitamin A: 108.86IU (2.18%), Zinc: 0.31mg (2.05%)