



Pickled Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



37 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon kosher salt
- 1 small onion red halved thinly sliced
- 2 tablespoons sugar
- 0.3 cup citrus champagne vinegar

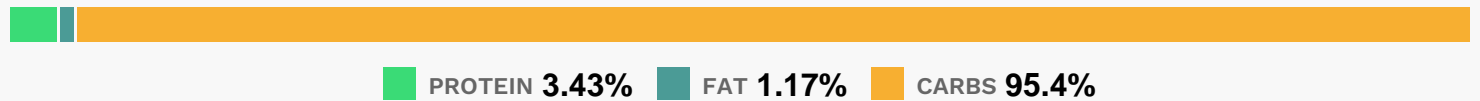
Equipment

- sauce pan

Directions

- Combine first 3 ingredients in a small saucepan over medium-high heat. Bring to a boil, stirring until salt and sugar dissolve.
- Remove from heat.
- Add onion to vinegar mixture.
- Let sit at room temperature at least 2 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:4.76, Inflammation Score:-1, Nutrition Score:0.75391304209504%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 36.94kcal (1.85%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 8.12g (2.95%), Sugar: 7.15g (7.95%), Cholesterol: 0mg (0%), Sodium: 293.04mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 2.11mg (2.56%), Manganese: 0.04mg (2.17%), Fiber: 0.47g (1.87%), Vitamin B6: 0.03mg (1.65%), Potassium: 46.16mg (1.32%), Folate: 5.22µg (1.31%)