



Pickled Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



21 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 4 servings kosher salt
- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 teaspoon sugar

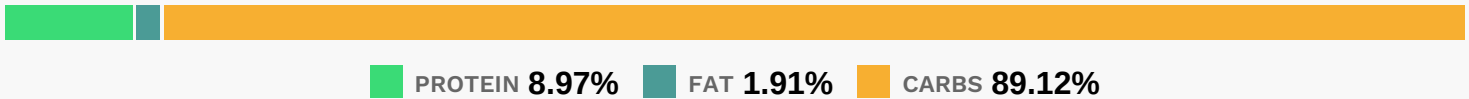
Equipment

- ☐ bowl

Directions

- ☐ Place onion slices in a medium bowl.
- ☐ Pour vinegar and 1/2 cup warm water over onion. Stir in sugar and season with salt; let stand until slightly pickled, about 30 minutes.
- ☐ Drain. DO AHEAD: Can be made 2 days ahead.
- ☐ Let cool slightly. Cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:1.23, Inflammation Score:-2, Nutrition Score:1.1165217326387%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 21.06kcal (1.05%), Fat: 0.04g (0.06%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.25g (2.51%), Cholesterol: 0mg (0%), Sodium: 196.14mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Manganese: 0.09mg (4.47%), Vitamin C: 2.96mg (3.59%), Fiber: 0.68g (2.72%), Vitamin B6: 0.05mg (2.4%), Potassium: 69.35mg (1.98%), Folate: 7.6µg (1.9%), Phosphorus: 12.8mg (1.28%), Vitamin B1: 0.02mg (1.23%), Magnesium: 4.75mg (1.19%), Calcium: 10.37mg (1.04%)