



Pickled Red Onion



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons coriander seeds
- ☐ 3 bay leaves fresh
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons mustard seeds
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 onion red sliced
- ☐ 0.3 cup red wine vinegar

- ☐ 2 tablespoons sugar
- ☐ 3 thyme sprigs fresh
- ☐ 0.3 cup balsamic vinegar white

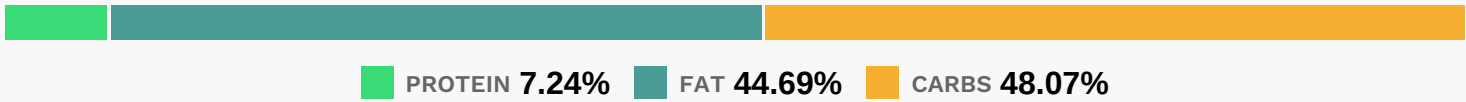
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place a small skillet over medium-high heat until hot; add coriander and mustard seeds, and cook, stirring constantly, 2 minutes or until toasted. Set aside.
- ☐ Fill a large bowl with ice water; place onion in bowl. Soak 20 minutes.
- ☐ Drain; pat dry. Return onion to bowl.
- ☐ Bring red wine vinegar and next 4 ingredients to a boil in a small saucepan over medium-high heat.
- ☐ Pour over onion.
- ☐ Let stand 5 minutes.
- ☐ Drain. Stir in seeds and remaining ingredients. Store in an airtight jar in refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:28.01, Glycemic Load:3.08, Inflammation Score:-4, Nutrition Score:2.3952174044174%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 59.3kcal (2.96%), Fat: 3g (4.62%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.1g (2.22%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 76.57mg (3.33%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Selenium: 6.14µg (8.77%), Manganese: 0.14mg (7.02%), Fiber: 1.17g (4.68%), Magnesium: 17.68mg (4.42%), Iron: 0.68mg (3.76%), Phosphorus: 34.52mg (3.45%), Vitamin E: 0.39mg (2.63%), Vitamin C: 2.13mg (2.58%), Calcium: 24.14mg (2.41%), Vitamin B1: 0.03mg (2.11%), Copper: 0.04mg (2.07%), Potassium: 71.45mg (2.04%), Folate: 7.31µg (1.83%), Zinc: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.48%), Vitamin K: 1.36µg (1.29%), Vitamin B2: 0.02mg (1.01%)