

Pickled Red Onion

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

Ingredients

- 1 onion red halved thinly sliced
- 0.1 teaspoon pepper dried red crushed
- 2 serrano chiles halved lengthwise
- 3 tablespoons sugar
- 1.5 cups water hot
- 1 cup vinegar white

Equipment

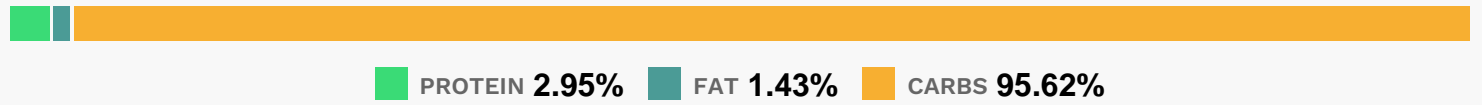
- bowl

slotted spoon

Directions

- Combine hot water, vinegar, sugar, and 1/2 teaspoon salt in glass bowl. Stir until sugar and salt dissolve.
- Add onions, serranos, and crushed red pepper. Stir to blend. Cover and chill overnight. DO AHEAD: Can be made 1 week ahead. Keep chilled.
- Using slotted spoon, transfer pickled onions to plates and serve.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:6.86, Inflammation Score:-2, Nutrition Score:1.1943478402884%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 58.26kcal (2.91%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 11.19g (4.07%), Sugar: 10.29g (11.44%), Cholesterol: 0mg (0%), Sodium: 8.23mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.73%), Vitamin C: 3.38mg (4.1%), Manganese: 0.08mg (3.88%), Vitamin B6: 0.05mg (2.47%), Fiber: 0.6g (2.4%), Copper: 0.03mg (1.69%), Potassium: 51.97mg (1.48%), Folate: 5.93µg (1.48%), Calcium: 13.44mg (1.34%), Magnesium: 5.03mg (1.26%), Phosphorus: 11.91mg (1.19%)