



Pickled Red Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



14 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoons kosher salt
- ☐ 0.5 small onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar

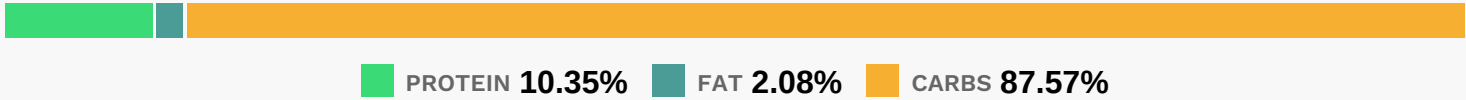
Equipment

- ☐ sauce pan

Directions

- ☐ Bring vinegar, salt, and 1 cup water to a boil in a small saucepan.
- ☐ Remove from heat. Stir in onion.
- ☐ Let cool.
- ☐ Drain before serving.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:0.74999999781342%

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, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 13.85kcal (0.69%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 583.67mg (25.38%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 2.11mg (2.56%), Manganese: 0.04mg (2.19%), Fiber: 0.47g (1.87%), Vitamin B6: 0.03mg (1.65%), Potassium: 46.12mg (1.32%), Folate: 5.22µg (1.31%)