



WHATSheATE



Pickled Red Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



599 kcal

SIDE DISH

Ingredients

- ☐ 1 jalapeno cut into 1/4-inch rings
- ☐ 2 teaspoons kosher salt
- ☐ 1 quart onion red finely sliced
- ☐ 1 cup sugar
- ☐ 1 cup water
- ☐ 1 cup vinegar white

Equipment

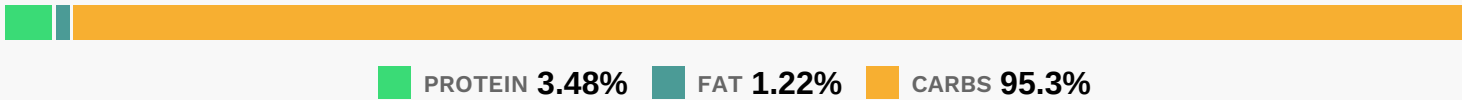
- ☐ frying pan

- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Place jalepeño and onions in a medium mixing bowl.
- ☐ Heat vinegar, water, sugar, and salt in a small skillet over high heat, whisking until sugar is dissolved. Bring to a boil, then pour over onions. Press onions down with a spoon until submerged.
- ☐ Place a double layer of paper towels on top of onions and press down until completely saturated in liquid to keep onions submerged. Allow to sit until onions are softened and liquid has cooled, about 25 minutes. Onions will keep indefinitely in a sealed container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:89.55, Glycemic Load:79.68, Inflammation Score:-9, Nutrition Score:13.093912870988%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 23.71mg, Isorhamnetin: 23.71mg, Isorhamnetin: 23.71mg, Isorhamnetin: 23.71mg Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 96.41mg, Quercetin: 96.41mg, Quercetin: 96.41mg, Quercetin: 96.41mg

Nutrients (% of daily need)

Calories: 599.25kcal (29.96%), Fat: 0.82g (1.26%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 144.3g (48.1%), Net Carbohydrates: 136.06g (49.48%), Sugar: 120.2g (133.56%), Cholesterol: 0mg (0%), Sodium: 2354.08mg (102.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin C: 43.32mg (52.51%), Manganese: 0.7mg (34.87%), Fiber: 8.24g (32.96%), Vitamin B6: 0.6mg (29.86%), Folate: 91.79µg (22.95%), Potassium: 713.23mg (20.38%), Vitamin B1: 0.22mg (14.7%), Phosphorus: 144.14mg (14.41%), Magnesium: 50.89mg (12.72%), Calcium: 123.31mg (12.33%), Copper: 0.22mg (11.16%), Vitamin B2: 0.15mg (8.92%), Iron: 1.12mg (6.22%), Vitamin B5: 0.6mg (6.04%), Zinc: 0.85mg (5.7%), Selenium: 3.64µg (5.2%), Vitamin B3: 0.64mg (3.19%), Vitamin K: 3.19µg (3.04%), Vitamin E: 0.35mg (2.3%), Vitamin A: 84.92IU (1.7%)