



Pickled Red Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



100

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 small bay leaves
- ☐ 1.8 teaspoons mustard seeds
- ☐ 7 small chiles dried red (such as bird's beak peppers or pequin chiles)
- ☐ 3 lb onion red thin
- ☐ 2 tablespoons canning-and-pickling salt
- ☐ 0.8 cup sugar
- ☐ 7 sprigs thyme leaves (3-inch)
- ☐ 2 cups vinegar white 5% (acidity)

☐ 1.8 teaspoons allspice whole

Equipment

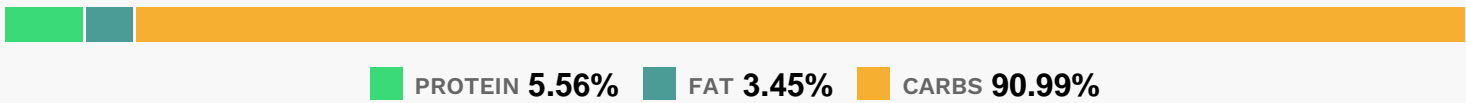
☐ dutch oven

☐ tongs

Directions

- ☐ Sterilize jars, and prepare lids.
- ☐ While jars are boiling, combine first 3 ingredients and 1 1/2 cups water in a large stainless steel or enameled Dutch oven; bring to a boil, stirring to dissolve sugar and salt.
- ☐ Add sliced onion to vinegar mixture; reduce heat, and simmer 6 minutes, uncovered, or until onion just begins to soften.
- ☐ Place 1/4 tsp. allspice, 1/4 tsp. mustard seeds, 1 bay leaf, 1 thyme sprig, and 1 chile pepper in each hot jar. Using tongs, transfer onion to hot jars, leaving 1/2-inch headspace. Cover onion with hot pickling liquid, leaving 1/2-inch headspace. Seal and process jars, processing 10 minutes.
- ☐ Remove jars from water, and let stand, undisturbed, at room temperature 24 hours. To check seals, remove the bands, and press down on the center of each lid. If the lid doesnt move, the jar is sealed. If the lid depresses and pops up again, the jar is not sealed. Store properly sealed jars in a cool, dark place up to 1 year. Refrigerate after opening.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:1.34, Inflammation Score:-1, Nutrition Score:0.44130434905705%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 12.84kcal (0.64%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.61g (0.95%), Sugar: 2.09g (2.33%), Cholesterol: 0mg (0%), Sodium: 140.3mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin C: 1.17mg (1.42%), Manganese: 0.03mg (1.33%), Fiber: 0.28g (1.11%)