



Pickled Red Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons peppercorns whole black
- ☐ 0.5 cinnamon sticks
- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 1 large onion red halved thinly sliced
- ☐ 0.5 cup sugar
- ☐ 0.5 cup citrus champagne vinegar

Equipment

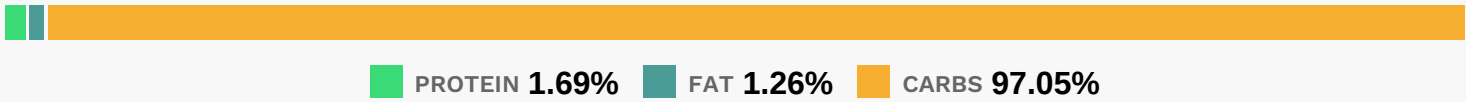
- ☐ bowl

Directions

- ☐
- Place onion slices in medium bowl. Bring next 5 ingredients to boil in heavy medium saucepan; pour over onions in bowl. Cover; cool to room temperature. Chill overnight. DO AHEAD: Can be made 3 weeks ahead. Keep chilled.

☐☐

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:9.11, Inflammation Score:-1, Nutrition Score:1.0008695455997%

Flavonoids

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: 59.07kcal (2.95%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.92g (5.06%), Sugar: 13.07g (14.52%), Cholesterol: 0mg (0%), Sodium: 438.08mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Manganese: 0.17mg (8.48%), Fiber: 0.56g (2.23%), Vitamin K: 1.47µg (1.4%), Vitamin C: 1.1mg (1.33%), Iron: 0.2mg (1.14%), Potassium: 38.15mg (1.09%), Calcium: 10.3mg (1.03%)