

Pickled Rhubarb



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients



1 cup apple cider vinegar



1 teaspoon salt



1 cup sugar

Equipment

Directions

- ☐
- Bring the sugar, vinegar, and salt to a boil. As soon as all of the sugar is dissolved, pour over the sliced rhubarb.
- ☐
- Let stand for at least 3 hours. Then put them in the refrigerator until well chilled. These will keep covered a couple of weeks in the refrigerator. They are a bit addicting so make plenty.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:35.13, Inflammation Score:1, Nutrition Score:0.57260869832143%

Nutrients (% of daily need)

Calories: 205.05kcal (10.25%), Fat: 0.16g (0.25%), Saturated Fat: 0g (0%), Carbohydrates: 50.36g (16.79%), Net Carbohydrates: 50.36g (18.31%), Sugar: 50.14g (55.71%), Cholesterol: 0mg (0%), Sodium: 584.86mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Manganese: 0.15mg (7.61%), Potassium: 44.74mg (1.28%)