



Pickled Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cauliflower florets
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cups cucumber english unpeeled thinly sliced
- ☐ 3 garlic clove crushed
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 cup sugar

☐

0.8 cup vinegar white

Equipment

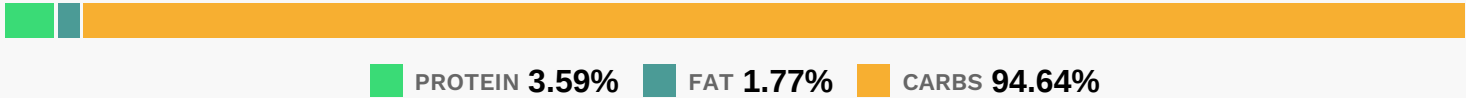
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sauce pan

Directions

- ☐
- Combine sugar, vinegar, kosher salt, crushed red pepper, freshly ground black pepper, and crushed garlic in a small saucepan over medium-high heat; bring to a boil, stirring to dissolve sugar.
- ☐
- Remove from heat.
- ☐
- Add cucumber, onion, and cauliflower.
- ☐
- Let vegetable mixture stand 30 minutes; drain well.

Nutrition Facts



Properties

Glycemic Index:60.27, Glycemic Load:18.65, Inflammation Score:-3, Nutrition Score:3.8643478466117%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 136.47kcal (6.82%), Fat: 0.27g (0.41%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 30.81g (11.2%), Sugar: 27.81g (30.9%), Cholesterol: 0mg (0%), Sodium: 448.16mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin C: 11.14mg (13.51%), Vitamin K: 11.34µg (10.8%), Manganese: 0.21mg (10.71%), Vitamin B6: 0.13mg (6.28%), Fiber: 1.39g (5.55%), Potassium: 190.98mg (5.46%), Folate: 18.55µg (4.64%), Magnesium: 14.49mg (3.62%), Phosphorus: 36.08mg (3.61%), Calcium: 29.66mg (2.97%), Copper: 0.06mg (2.97%), Vitamin B1: 0.04mg (2.94%), Vitamin B5: 0.29mg (2.86%), Vitamin B2: 0.05mg (2.68%), Vitamin A: 131.1IU (2.62%), Iron: 0.42mg (2.32%), Selenium: 1.2µg (1.72%), Zinc: 0.25mg (1.69%), Vitamin B3: 0.21mg (1.04%)