



Quick Cucumber Pickles with Rye Bread and Cheese

READY IN



30 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce cheese such as cambozola or mirabo)
- ☐ 0.5 cup apple cider vinegar
- ☐ 1 tablespoon ground mustard dry
- ☐ 2 cucumber english
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 teaspoons horseradish drained
- ☐ 2 teaspoons kosher salt
- ☐ 1 pound cocktail rye bread

☐ 0.3 cup sugar

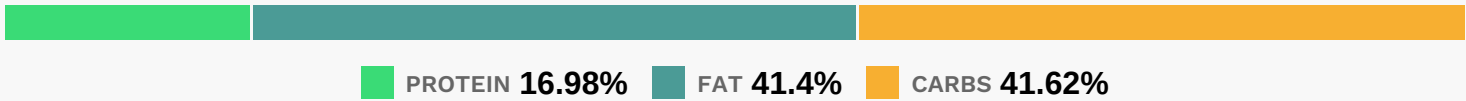
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cut cucumbers crosswise into 1/8-inch-thick slices, then toss with kosher salt in a bowl and let stand 15 minutes. Rinse and drain cucumbers and pat dry with paper towels.
- ☐ Whisk together vinegar, sugar, mustard, horseradish, and dill until sugar is dissolved. Stir in cucumber and let stand at least 5 minutes.
- ☐ Slice bread and serve with pickles and cheese.
- ☐ Pickles can be made 2 to 4 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:39.9, Glycemic Load:23.13, Inflammation Score:-7, Nutrition Score:19.463913129724%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 485.15kcal (24.26%), Fat: 22.34g (34.38%), Saturated Fat: 11.42g (71.38%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 45.45g (16.53%), Sugar: 13.38g (14.86%), Cholesterol: 56.7mg (18.9%), Sodium: 1612.1mg (70.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.23%), Selenium: 42.25µg (60.36%), Calcium: 478.18mg (47.82%), Manganese: 0.79mg (39.55%), Phosphorus: 389.99mg (39%), Vitamin B2: 0.54mg (31.85%), Folate: 105.01µg (26.25%), Vitamin B1: 0.38mg (25.41%), Zinc: 3.24mg (21.59%), Fiber: 5.08g (20.33%), Vitamin K: 18.75µg (17.86%), Magnesium: 64.37mg (16.09%), Vitamin B3: 3.06mg (15.31%), Iron: 2.68mg (14.89%), Vitamin A: 683.96IU (13.68%), Copper: 0.21mg (10.58%), Vitamin B12: 0.6µg (10.02%), Potassium: 344.22mg (9.83%), Vitamin B5: 0.84mg (8.37%), Vitamin B6: 0.14mg (7.09%), Vitamin E: 0.76mg (5.09%), Vitamin

C: 3.66mg (4.43%), Vitamin D: 0.34μg (2.27%)