



Quick Homemade Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



45 kcal

SIDE DISH

Ingredients

- 1 teaspoon peppercorns black
- 1 cup cider vinegar
- 1 large cucumber cut into 1/4-inch-thick slices
- 2 small cloves garlic crushed
- 1 teaspoon mustard seeds
- 1 small pepper flakes green red halved seeded
- 1 teaspoon salt
- 2 tablespoons sugar

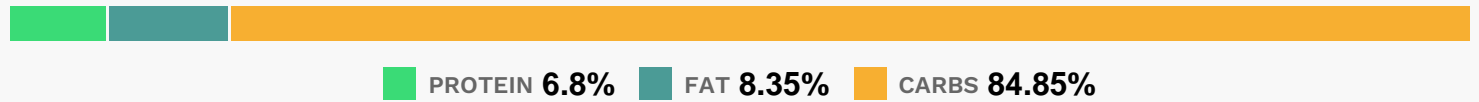
Equipment

- bowl
- sauce pan

Directions

- Combine vinegar, 1/2 cup water, sugar and salt in a small saucepan. Bring to a simmer over medium-high heat, stirring to dissolve sugar and salt.
- Place remaining ingredients in a large heatproof bowl.
- Pour vinegar mixture over.
- Add water to completely cover cucumbers, if necessary. Cover and refrigerate for at least 2 hours. Pickles will keep for up to 1 week in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:3.87, Inflammation Score:-1, Nutrition Score:2.5904347961364%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 44.71kcal (2.24%), Fat: 0.36g (0.55%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 7.15g (2.6%), Sugar: 6.11g (6.79%), Cholesterol: 0mg (0%), Sodium: 499.08mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Manganese: 0.31mg (15.41%), Vitamin K: 5.53µg (5.26%), Fiber: 1.01g (4.04%), Vitamin C: 3.29mg (3.99%), Potassium: 132.18mg (3.78%), Magnesium: 13.15mg (3.29%), Copper: 0.06mg (3.17%), Vitamin B6: 0.05mg (2.42%), Phosphorus: 23.78mg (2.38%), Selenium: 1.6µg (2.28%), Folate: 9µg (2.25%), Iron: 0.39mg (2.15%), Calcium: 19.19mg (1.92%), Vitamin B1: 0.03mg (1.7%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.18mg (1.18%), Vitamin B2: 0.02mg (1.14%)