



Refrigerator Dill Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



100

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 pounds cucumber
- 40 optional: dill fresh
- 2 large onion thinly sliced
- 5 garlic clove sliced
- 1 quart water
- 1 quart vinegar white
- 0.8 cup sugar
- 0.5 cup salt

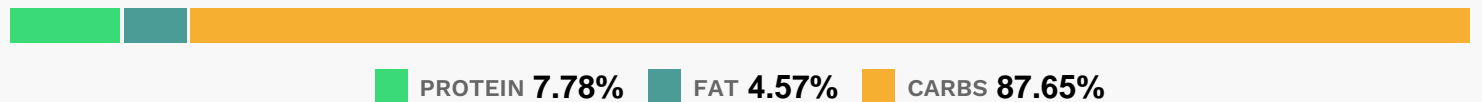
Equipment

- bowl
- dutch oven

Directions

- Cut each cucumber lengthwise into four spears. In a large bowl, combine the cucumbers, dill, onions and garlic; set aside. In a Dutch oven, combine the remaining ingredients. Bring to a boil; cook and stir just until salt is dissolved.
- Pour over cucumber mixture; cool.
- Cover tightly and refrigerate for at least 24 hours. Store in the refrigerator for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:0.78347825696287%

Flavonoids

Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 12.34kcal (0.62%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.19g (0.8%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 567.48mg (24.67%), Alcohol: 0g (100%), Protein: 0.22g (0.43%), Manganese: 0.04mg (1.9%), Vitamin K: 1.97µg (1.88%), Vitamin C: 1.48mg (1.79%), Potassium: 45.28mg (1.29%), Folate: 4.98µg (1.25%), Copper: 0.02mg (1.21%), Magnesium: 4.03mg (1.01%), Fiber: 0.25g (1.01%), Vitamin A: 50.54IU (1.01%)