

## Refrigerator Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



356 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon celery seed
- ☐ 3 cups cucumbers peeled sliced
- ☐ 0.5 teaspoon mustard seed
- ☐ 1 onion thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.7 cup vinegar white

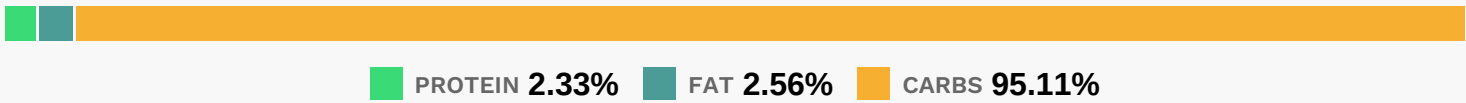
### Equipment

- ☐ bowl
- ☐ microwave

## Directions

- ☐ Mix cucumbers and onion in a glass or plastic bowl; set aside. Stir remaining ingredients together in a microwave-safe container. Microwave on high for 3 minutes, stirring after 2 minutes.
- ☐ Pour over cucumber mixture. Cover and refrigerate for 24 hours before serving to blend flavors. Keep refrigerated.

## Nutrition Facts



## Properties

Glycemic Index:81.05, Glycemic Load:53.95, Inflammation Score:-5, Nutrition Score:6.3930435154749%

## Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 3.82mg, Luteolin: 3.82mg, Luteolin: 3.82mg, Luteolin: 3.82mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

## Nutrients (% of daily need)

Calories: 355.76kcal (17.79%), Fat: 1.01g (1.56%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 84.6g (28.2%), Net Carbohydrates: 82.12g (29.86%), Sugar: 80.02g (88.91%), Cholesterol: 0mg (0%), Sodium: 300.22mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Manganese: 0.32mg (16.16%), Vitamin K: 14.62µg (13.93%), Vitamin C: 10.59mg (12.84%), Potassium: 367.42mg (10.5%), Fiber: 2.48g (9.93%), Folate: 39.65µg (9.91%), Copper: 0.19mg (9.27%), Magnesium: 35.27mg (8.82%), Vitamin B6: 0.18mg (8.76%), Phosphorus: 70.19mg (7.02%), Vitamin B1: 0.09mg (6.33%), Calcium: 57.44mg (5.74%), Vitamin B5: 0.55mg (5.53%), Iron: 0.91mg (5.07%), Vitamin B2: 0.08mg (4.85%), Selenium: 2.97µg (4.25%), Zinc: 0.53mg (3.53%), Vitamin A: 145.23IU (2.9%)