

Summertime Sweet Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1300 min.

SERVINGS



2

CALORIES



575 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 2 pounds cucumbers
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.5 teaspoon mustard seed
- ☐ 0.1 cup salt
- ☐ 2 onions sweet
- ☐ 1 cup sugar white

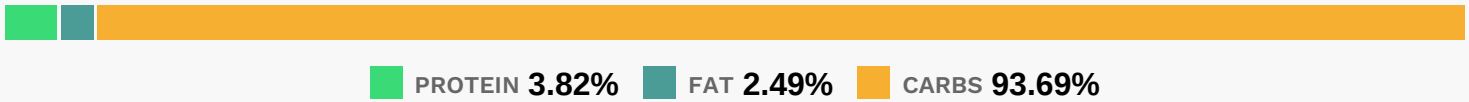
Equipment

- ☐ sauce pan
- ☐ canning jar

Directions

- ☐ In a small saucepan at medium-high heat, combine cider vinegar, salt, sugar, tumeric and mustard seed. Bring to a boil and let cook for 5 more minutes.
- ☐ Meanwhile, slice cucumbers and onion. Loosely pack the vegetables in a 1-quart canning jar or other similarly sized container.
- ☐ Pour hot liquid over the vegetables in the container. Refrigerate for 24 hours and enjoy! Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:65.05, Glycemic Load:71.25, Inflammation Score:-10, Nutrition Score:17.893913129102%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg, Quercetin: 48.06mg

Nutrients (% of daily need)

Calories: 575.14kcal (28.76%), Fat: 1.61g (2.47%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 135.87g (45.29%), Net Carbohydrates: 129.57g (47.12%), Sugar: 123.21g (136.9%), Cholesterol: 0mg (0%), Sodium: 7116.05mg (309.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Manganese: 0.94mg (47.02%), Vitamin C: 30.52mg (37%), Folate: 140.95µg (35.24%), Vitamin B6: 0.67mg (33.46%), Vitamin K: 33.73µg (32.12%), Potassium: 1113.32mg (31.81%), Copper: 0.54mg (26.79%), Fiber: 6.3g (25.19%), Magnesium: 93.64mg (23.41%), Phosphorus: 201.06mg (20.11%), Vitamin B1: 0.28mg (18.85%), Calcium: 145.9mg (14.59%), Vitamin B5: 1.42mg (14.19%), Iron: 2.38mg (13.22%), Vitamin B2: 0.2mg (11.83%), Zinc: 1.33mg (8.89%), Vitamin A: 330.13IU (6.6%), Selenium: 4.42µg (6.31%), Vitamin B3: 0.66mg (3.28%), Vitamin E: 0.25mg (1.65%)