



Sweet and Sour Cucumber and Red Onion Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup champagne vinegar
- ☐ 1 teaspoon ground coriander freshly ground
- ☐ 1 stalk lemon grass fresh
- ☐ 0.1 teaspoon pepper
- ☐ 1 pound cucumber english ends trimmed
- ☐ 0.5 medium onion red halved lengthwise
- ☐ 2 teaspoons sea salt

☐ 0.5 cup sugar

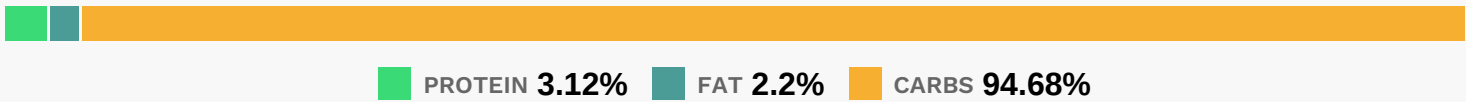
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ mandoline
- ☐ meat tenderizer

Directions

- ☐ Slice cucumbers and onion very thinly on a mandoline or with a knife; rinse onion and drain. Put both in a medium bowl. Peel tough outer layers from lemongrass and smash core with a meat mallet or back of a small heavy saucepan until flattened. Mince core and add to bowl.
- ☐ Whisk sugar, salt, coriander, pepper, and vinegar together.
- ☐ Pour over cucumber mixture and chill at least 1 hour, stirring gently a couple of times.
- ☐ Serve cold. Keeps, chilled, up to 1 day.

Nutrition Facts



Properties

Glycemic Index:6.45, Glycemic Load:3.55, Inflammation Score:-1, Nutrition Score:0.83521739442063%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 26.53kcal (1.33%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 6.13g (2.23%), Sugar: 5.49g (6.09%), Cholesterol: 0mg (0%), Sodium: 233.96mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin K: 3.75µg (3.57%), Manganese: 0.07mg (3.45%),

Potassium: 47.85mg (1.37%), Vitamin C: 0.92mg (1.12%), Magnesium: 4.39mg (1.1%), Iron: 0.19mg (1.07%)