



Tangy Cucumber Pickles (Ah-jaht)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1475 min.

SERVINGS



2

CALORIES



261 kcal

SIDE DISH

Ingredients

- 1 pound cucumber sliced into 1/8-inch-thick rounds (2 medium)
- 0.5 cup granulated sugar
- 2 teaspoons kosher salt
- 0.3 cup shallots thinly sliced (from 1 medium)
- 2 thai chile stemmed thinly sliced
- 0.5 cup water
- 0.5 cup vinegar white

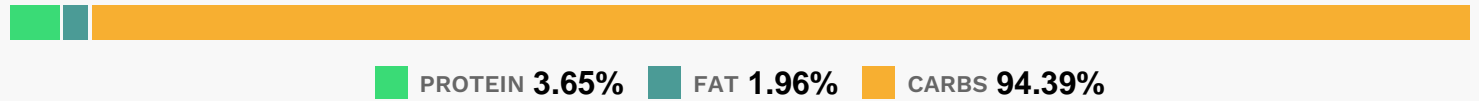
Equipment

sauce pan

Directions

- Combine the sugar, vinegar, water, and salt in a small saucepan and place over medium heat, stirring occasionally until the sugar and salt have dissolved, about 3 to 4 minutes.
- Remove from the heat and set aside to cool to room temperature. Meanwhile, place half of the cucumbers in a 1-quart glass jar. Top with half of the shallots and half of the chiles. Repeat with the remaining cucumbers, shallots, and chiles. When the brine has cooled, pour it into the jar and seal with a tightfitting lid. Shake or rotate the jar to evenly distribute the brine. Refrigerate for 24 hours before serving, shaking or rotating the jar occasionally while the mixture's brining. The pickles can be stored in the refrigerator for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:82.55, Glycemic Load:37.02, Inflammation Score:-5, Nutrition Score:7.4556522162064%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 260.78kcal (13.04%), Fat: 0.57g (0.87%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 58.74g (21.36%), Sugar: 56.31g (62.57%), Cholesterol: 0mg (0%), Sodium: 2339.69mg (101.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin C: 17.69mg (21.44%), Manganese: 0.33mg (16.54%), Vitamin K: 17.07µg (16.26%), Vitamin B6: 0.26mg (13%), Potassium: 453.1mg (12.95%), Fiber: 2.89g (11.58%), Folate: 45.85µg (11.46%), Copper: 0.22mg (10.98%), Magnesium: 37.54mg (9.38%), Phosphorus: 75.22mg (7.52%), Vitamin B5: 0.66mg (6.6%), Vitamin B1: 0.1mg (6.44%), Iron: 1.07mg (5.96%), Calcium: 54.42mg (5.44%), Vitamin B2: 0.08mg (4.52%), Vitamin A: 200.24IU (4%), Zinc: 0.58mg (3.84%), Selenium: 1.34µg (1.91%)