



Traditional English Pickled Onions

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- 1 tablespoon pickling spice mixed
- 2 bay leaves
- 2 chile peppers dried crumbled
- 1 clove garlic crushed
- 3 cups malt vinegar
- 2.3 pounds pearl onions peeled
- 0.5 cup salt

Equipment

- bowl
- sauce pan
- ladle

Directions

- Place the peeled onions in a glass or ceramic bowl and cover with cold water.
- Drain the water into a saucepan and stir in the salt. Bring just to a boil so that the salt dissolves, then cool slightly and pour over the onions. Cover the bowl with a heavy plate so all of the onions stay submerged. Leave onions to stand for 24 hours.
- Measure the vinegar into a saucepan. Tie the pickling spice into a cloth and add to the vinegar along with the bay leaves. Bring to a boil, then simmer over low heat for 5 minutes.
- Rinse the onions and pat them dry.
- Add to the saucepan with the vinegar. Simmer for 2 to 3 minutes. Pack the onions into sterile jars and ladle the brine over them until they are covered.
- Add a dried chile pepper to each jar if you like. Seal with sterile lids and rings and store in a cool dark place for at least 6 weeks before opening.

Nutrition Facts

■ PROTEIN 10.34% ■ FAT 3.15% ■ CARBS 86.51%

Properties

Glycemic Index:28, Glycemic Load:5.42, Inflammation Score:-8, Nutrition Score:10.245652240256%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 12.78mg, Isorhamnetin: 12.78mg, Isorhamnetin: 12.78mg, Isorhamnetin: 12.78mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 51.81mg, Quercetin: 51.81mg, Quercetin: 51.81mg, Quercetin: 51.81mg

Nutrients (% of daily need)

Calories: 148.36kcal (7.42%), Fat: 0.44g (0.67%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 20.91g (7.6%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 14161.99mg (615.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Manganese: 0.67mg (33.7%), Fiber: 6.01g (24.04%),

Vitamin C: 19.3mg (23.4%), Vitamin K: 24.29µg (23.13%), Vitamin B6: 0.36mg (17.85%), Folate: 57.48µg (14.37%), Calcium: 139.84mg (13.98%), Potassium: 433.78mg (12.39%), Iron: 2.12mg (11.8%), Magnesium: 38.24mg (9.56%), Phosphorus: 88.71mg (8.87%), Vitamin B1: 0.13mg (8.37%), Copper: 0.15mg (7.42%), Vitamin B2: 0.09mg (5.44%), Vitamin E: 0.73mg (4.9%), Zinc: 0.6mg (4.01%), Selenium: 2.55µg (3.64%), Vitamin B5: 0.35mg (3.55%), Vitamin A: 137.36IU (2.75%), Vitamin B3: 0.5mg (2.48%)