



## Zucchini Pickle Ribbons

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



21

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup cider vinegar
- 0.5 teaspoon pepper red crushed
- 8 dill sprigs fresh
- 3 garlic cloves peeled
- 1 teaspoon mustard seeds
- 1 cup onion thinly sliced
- 2 teaspoons salt
- 0.3 cup sugar

- 1 teaspoon turmeric
- 1 cup water
- 1.5 pounds zucchini thinly sliced lengthwise

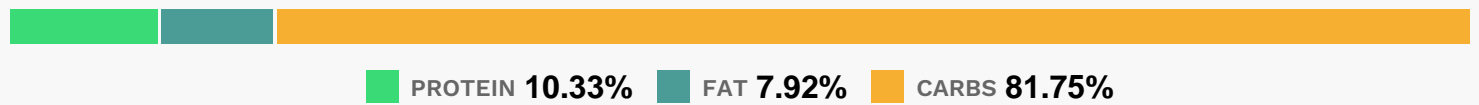
## Equipment

- bowl
- sauce pan

## Directions

- Combine first 9 ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 15 minutes.
- Combine zucchini and onion in a large bowl; pour hot vinegar mixture over vegetables. Cover and let stand at room temperature 3 hours. Chill 8 hours before serving.
- Note: Store, covered, in refrigerator up to 1 month.

## Nutrition Facts



## Properties

Glycemic Index:9.62, Glycemic Load:2.01, Inflammation Score:-6, Nutrition Score:1.9291304388772%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## Nutrients (% of daily need)

Calories: 22.11kcal (1.11%), Fat: 0.19g (0.3%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 3.97g (1.44%), Sugar: 3.58g (3.97%), Cholesterol: 0mg (0%), Sodium: 226.67mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Vitamin C: 6.86mg (8.31%), Manganese: 0.12mg (6%), Vitamin B6: 0.07mg (3.56%), Potassium: 113.01mg (3.23%), Folate: 10.09µg (2.52%), Vitamin A: 108.56IU (2.17%), Magnesium: 8.38mg (2.1%), Fiber: 0.52g (2.1%), Vitamin B2: 0.04mg (2.09%), Phosphorus: 17.92mg (1.79%), Vitamin K: 1.5µg (1.43%), Iron: 0.25mg (1.42%), Vitamin B1: 0.02mg (1.37%), Copper: 0.03mg (1.35%), Calcium: 10.51mg (1.05%)