

Pickled Onions

Yield: 6 servings

Ingredients

1½ cups sliced onion
1¼ cups white vinegar
½ teaspoon kosher salt
½ teaspoon sugar

Instructions

1. Combine all ingredients in a medium sized jar. Store in the refrigerator for up to 7 days.



Nutrition Information

Serving Size: ¼ cup
Calories: 27
Total Fat: 0 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Polyunsaturated Fat: 0 g
Sodium: 162 mg
Total Carbohydrate: 4 g
Dietary Fiber: 0.6 g
Sugars: 2 g
Protein: 0.4 g

Source: Dr. Abha Varma

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