

Quick Pickled Onions

PREP TIME: 4-5 MINS
COOK TIME: 4-5 MINS

YIELDS: ¼ CUP

Ingredients

- ½ red onion, thinly sliced
- ½ cup apple cider vinegar
- ½ cup water
- 1 tablespoon granulated sugar
- ¼ teaspoon salt



Qualities

Texture: Crunchy

Rating for Scent : 8/10

Spice Level: 8/10 (tangy/acidic)

Recipe Benefits

- Promotes Gut Health

Nutrition Content for 1 Recipe

Calories: 32kcal

Fat: 0g

Protein: 0.2g

Sodium: 198mg

Carbohydrates: 6.2g

Fiber: 0.3g

Added sugar: 4.2g

Directions

1. Place the thinly sliced red onion in a heatproof jar or bowl.
2. In a small saucepan, combine the apple cider vinegar, water, sugar, and salt.
3. Heat over medium heat just until simmering.
4. Pour the hot liquid over the onions, making sure they're fully submerged.
5. Let sit at room temperature for 15–20 minutes for quick use, or cool and refrigerate for deeper flavor.

Chef Tips/Adjustments

- Thin, even slices result in a better texture and faster pickling. Use a sharp knife or mandoline for best results.
- The pickled onions are ready in 15–20 minutes, but flavor deepens in refrigerator after 1–2 hours.

