

How To Make Pickled Red Onions

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-pickling-spice-recipes>

Ingredients:

- 1 red onion large, thinly sliced into half-moons
- 2 cups apple cider vinegar
- 1 bay leaf
- 1 teaspoon pickling spice
- 1/4 teaspoon crushed red pepper flakes optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Fiber: 1 grams
4. Protein: 1 grams
5. Sodium: 15 milligrams
6. Sugar: 2 grams

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