

Easy Pickled Onions

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pickled-onions-south-african-recipe>

Ingredients:

- 1 onion peeled and thinly sliced
- 3/4 cup apple cider vinegar with The Mother
- 1 teaspoon sea salt
- 1 garlic clove minced
- 2 tablespoons maple syrup or Lakanto Sweetener
- 1 tablespoon parsley freshly chopped

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 10 grams
3. Fiber: 1 grams
4. Sodium: 590 milligrams
5. Sugar: 7 grams

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