

Easy Quick Pickled Onion

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-pickled-onion-recipe>

Ingredients:

- 1 red onion vidalia onion is also really wonderful here
- apple cider vinegar
- onions
- 1/2 teaspoon sea salt or kosher salt, optional, or more to taste
- 1 tablespoon granulated sugar or other sweetener
- bay leaves
- spices
- jalapeno rings
- garlic

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 10 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sodium: 300 milligrams
6. Sugar: 5 grams

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