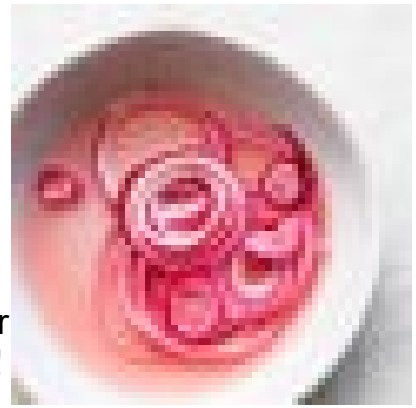




5 from 3 reviews

Quick Pickled Onions

These **quick pickled onions** are a dream! Toss red onion with apple cider vinegar, white vinegar, a little sugar and salt. Throw them in the fridge and 2 hours later you've got pickled onions for dinner and the week ahead!



Prep: 10 minutesCook: 0 Minutes Total: 10 minutes

Fat 0 Carbs 2 Protein 0

Yield 4 servings 1x1x2x3x

Ingredients

- 1/2 cup apple cider vinegar
- 1/2 cup white vinegar
- 1 teaspoon salt
- 1/4–1/2 teaspoon sugar (white, brown, coconut)*
- 1 large red onion, thinly sliced

Instructions

1. First, place apple cider vinegar, white vinegar, salt, and sugar into a mason jar. Screw the cover on and shake the jar until the salt and sugar have dissolved.
2. Then, place the sliced onion into the jar. Be sure that all of the onion is covered in vinegar.
3. Place the lid back on the jar and give it one more shake.
4. Finally, place the jar in the refrigerator for at least 2 hours or overnight for the optimal quick pickled onion!

Tips & Notes

*Option to add more sugar if you like sweeter pickled onions.

Nutrition Facts

Serving Size: 1/4 **Calories:** 13 **Sugar:** 1 **Fat:** 0 **Carbohydrates:** 2 **Fiber:** 0 **Protein:** 0

Author: Linley RichterCategory: CondimentMethod: No BakeCuisine: American

Find it online: <https://fitfoodiefinds.com/quick-pickled-onions-recipe/>