

Low-Carb Refrigerator Gherkins

Hands-on 20 minutes Overall 3-5 days

Nutritional values (per serving, pickle, 50 g/ 1.8 oz g): Total carbs: 2.5 g, Fiber: 0.6 g,

Net carbs: 1.9 g, Protein: 0.5 g, Fat: 0.2 g, Calories: 16 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 1-quart/ 1 l jar)

- 12-14 pieces fresh gherkins (600 g/ 1.3 lb)
- 1 tsp whole peppercorns (about 20 pieces)
- 1 tsp whole mustard seeds
- 5 whole allspice
- 1 bay leaf
- 1 tsp dill seeds *or* few sprigs fresh dill
- 1 small white onion, sliced (70 g/ 2.5 oz)
- 2 cloves garlic, sliced
- 2-4 tbsp Erythritol *or* Swerve *or* 5-10 drops liquid Stevia
- 1 tsp salt (I like pink Himalayan)
- 2 cups water (480 ml/ 16 fl oz)
- 1 cup apple cider vinegar (8 fl oz/ 240 ml)

(I used a Fido jar).

4. Pack the cucumbers into the jar, add fresh dill (if used), and pour in the prepared brine. Let it cool to room temperature, cover with a lid and place in the fridge for at least 2 days to infuse with the spices.
5. Keep them in the fridge for up to 3 months.

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Other spices you can use (optional):

- juniper berries
- cloves
- fresh or ground turmeric
- celery seeds
- red pepper flakes

Instructions

1. Depending on the size and your preference, you can use whole cucumbers, sliced cucumbers or cut them into spears (sliced cucumber may get soft so keep that in mind).
2. Prepare the pickling brine. In a small saucepan, heat up 2 cups of water and a cup of vinegar. Once simmering, take off the heat and add Erythritol and salt. Stir until dissolved and set aside. Peel and slice the onion and garlic.
3. Place all the spices (sliced onion, garlic, peppercorns, mustard seeds, allspice, bay leaf and dill seeds) at the bottom of a large jar