

# Quick & Easy Pickled Onions

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per serving, 15 g/ 1/2 oz):** Total carbs: 1.3 g, Fiber: 0.2 g,

**Net carbs: 1.1 g**, Protein: 0.2 g, Fat: 0 g, Calories: 9 kcal,

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



## Ingredients (makes 1 small jar/ 8 servings)

1/4 cup apple cider vinegar (60 ml/ 2 fl oz)

1/4 cup white distilled vinegar (60 ml/ 2 fl oz)

1/2 cup water (120 ml/ 4 fl oz)

1 medium red onion, sliced (115 g/ 4 oz)

1 tsp sea salt

2 tbsp powdered Erythritol or Swerve (20 g/ 0.7 oz) or more to taste

*Optional:* other flavourings as desired (1 tsp chilli flakes, 1 tsp black peppercorns or 1-2 bay leaves)

*Note: Nutrition facts are estimated as the vast majority of ingredients are used only for marinating. Don't waste the marinating liquid! It can be reused for another batch!*

## Instructions

1. Thinly slice the onion, and place in a large jar.
2. Combine the liquids and then add the salt and erythritol and stir until they have both dissolved. Pour over the onions.
3. Place a lid on the jar and store in the fridge up to two weeks. I usually like to leave at least thirty minutes before eating for maximum flavour, although you could eat them after just a few minutes.
4. Lasts up to a month in a sealed container in the fridge.

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