

Quick & Easy Refrigerator Pickles

Hands-on 10 minutes Overall 1 hour 30 minutes

Nutritional values (per serving, 1 oz/ 28 g): Total carbs: 1.4 g, Fiber: 0.2 g, **Net carbs: 1.1 g**,

Protein: 0.2 g, Fat: 0.1 g, Calories: 10 kcal,

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



Ingredients (makes 600 ml jar)

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1 cup apple cider vinegar or white wine vinegar (240 ml/ 8 fl oz)

2 tbsp fresh lime juice (30 ml)

1/2 cup Sukrin Gold, Swerve or Erythritol (80 g/ 2.8 oz)

1 tbsp sea salt

1 large cucumber (300 g/ 10.6 oz)

1 small red chile pepper, sliced

5-6 sprigs of fresh dill or fennel fronds

Nutrition facts are estimated as some of the ingredients are only used for pickling (due to negligible effects on nutrition facts, I fully included them in the calculation).

Instructions

1. Prepare the pickle juice. In a small saucepan, mix the vinegar and lime juice.
2. Heat up just until hot but not boiling. Add the sweetener (I used brown sugar substitute) and salt. Stir until all of the sweetener and salt are dissolved. Let it cool to room temperature.
3. Thinly slice the cucumber using a hand slicer or a food processor using a slicing blade.
4. Place the sliced cucumber into a sealable jar. Add the chilies and dill. *Note: I used one 500 ml/ 18 fl oz fido jar which was too small. You should use a 600 ml/ 20 fl oz jar.*
5. Pour over the pickle juice, seal with a lid and refrigerate for at least one hour before serving. Keep refrigerated for up to 2 weeks.

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