

Sweet-Hot Cukes and Peppers

Marian Cooper Cairns
Southern Living Magazine - July 2013

Servings: 8

1 1/2 large (about 1 pound) English cucumbers, thinly sliced
1 package (8 ounce) sweet mini bell peppers, thinly sliced
1/2 medium red onion, sliced
1 or 2 serrano peppers, seeded and thinly sliced
2 cloves garlic, minced
2 teaspoons Kosher salt
1/3 cup champagne vinegar
1/4 cup sugar
1 tablespoon toasted sesame seeds
1/2 teaspoon mustard seeds
1/4 teaspoon celery seeds

Preparation Time: 30 minutes

In a large bowl, stir together the cucumbers, bell peppers, onion, serrano peppers, garlic and Kosher salt.

In a small bowl, stir together the vinegar, sugar, sesame seeds, mustard seeds and celery seeds.

Let both mixtures stand, stirring occasionally, for one hour.

Drain the cucumber mixture. (Do not rinse.)

Pour the vinegar mixture over the cucumber mixture. Stir to coat.

Chill for two to twenty-four hours.

Serve with a slotted spoon.

Start to Finish Time: 3 hours 30 minutes

Per Serving (excluding unknown items): 44 Calories; 1g Fat (11.2% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 471mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	44	Vitamin B6 (mg):	trace
% Calories from Fat:	11.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	78.9%	Thiamin B1 (mg):	trace

% Calories from Protein: 9.9%
 Total Fat (g): 1g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 0mg
 Carbohydrate (g): 9g
 Dietary Fiber (g): 1g
 Protein (g): 1g
 Sodium (mg): 471mg
 Potassium (mg): 28mg
 Calcium (mg): 7mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 5mg
 Vitamin A (i.u.): 158IU
 Vitamin A (r.e.): 1RE

Riboflavin B2 (mg): trace
 Folic Acid (mcg): 3mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 44 Calories from Fat: 5

% Daily Values*

Total Fat 1g 1%
 Saturated Fat trace 0%
 Cholesterol 0mg 0%
 Sodium 471mg 20%
 Total Carbohydrates 9g 3%
 Dietary Fiber 1g 5%
 Protein 1g

Vitamin A 3%
 Vitamin C 8%
 Calcium 1%
 Iron 1%

* Percent Daily Values are based on a 2000 calorie diet.