



Aunt Lillian's Pickled Okra

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



72

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 chile peppers whole
- 6 cloves garlic peeled
- 1 tablespoon mustard seed
- 3 pounds okra trimmed
- 0.3 cup salt
- 1.3 cups water
- 1 quart vinegar white
- 6 jars sterilized canning jars with lids and rings (1 pint)

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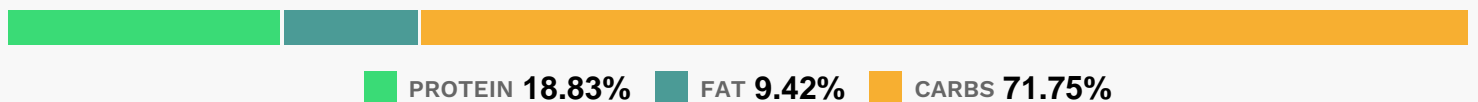
Equipment

- paper towels
- sauce pan
- pot

Directions

- Heat vinegar, water, and salt in a saucepan over medium-high heat; bring to a boil.
- Remove from heat.
- Sterilize jars and lids in boiling water for at least 5 minutes. Pack okra, 1 pepper, and 1 garlic clove tightly into each of the hot, sterilized jars; sprinkle mustard seeds over the top.
- Pour vinegar mixture into each jar, leaving 1/2-inch space at the top. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for 10 minutes.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area, and wait at least 4 weeks before opening.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:2.5156521563945%

Flavonoids

Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 11.25kcal (0.56%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.5g (0.55%), Cholesterol: 0mg (0%), Sodium: 526.16mg (22.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 9.82mg (11.91%), Manganese: 0.17mg (8.62%), Vitamin K: 6.45µg (6.15%), Vitamin A: 171.09IU (3.42%), Vitamin B6: 0.06mg (3.17%), Magnesium: 12.45mg (3.11%), Folate: 12.46µg (3.11%), Vitamin B1: 0.04mg (2.82%), Fiber: 0.68g (2.74%), Potassium: 71.09mg (2.03%), Calcium: 18.13mg (1.81%), Phosphorus: 15.31mg (1.53%), Copper: 0.03mg (1.45%), Vitamin B3: 0.24mg (1.22%), Iron: 0.18mg (1.01%)