



Lemon-Okra Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic cloves coarsely chopped
- ☐ 1.5 tablespoons kosher salt
- ☐ 18 inch lemon zest
- ☐ 0.8 pound okra trimmed
- ☐ 6 oregano sprigs
- ☐ 2 tablespoons sugar
- ☐ 1 cup water
- ☐ 1 cup citrus champagne vinegar plus more if needed

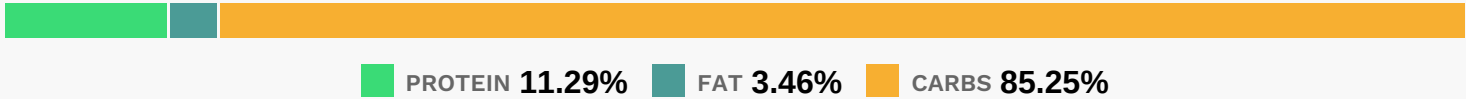
Equipment

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Pack the okra, lemon zest, oregano and chile into a 1-quart heatproof jar.
- ☐ In a small saucepan, combine the vinegar with the water, garlic, sugar and salt and bring to a boil. Simmer over moderately high heat until the sugar dissolves. Ladle the pickling liquid into the jar; if necessary, add more vinegar to cover the okra.
- ☐ Let the pickles cool, then cover with a lid and refrigerate until flavorful, about 3 weeks.

Nutrition Facts



Properties

Glycemic Index:68.55, Glycemic Load:11.29, Inflammation Score:-10, Nutrition Score:23.371304325435%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 35.77mg, Quercetin: 35.77mg, Quercetin: 35.77mg, Quercetin: 35.77mg

Nutrients (% of daily need)

Calories: 152.67kcal (7.63%), Fat: 0.59g (0.91%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 32.66g (10.89%), Net Carbohydrates: 23.39g (8.51%), Sugar: 15.63g (17.37%), Cholesterol: 0mg (0%), Sodium: 5262.97mg (228.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.65%), Vitamin C: 71.15mg (86.24%), Manganese: 1.66mg (82.97%), Vitamin K: 71.99µg (68.57%), Fiber: 9.27g (37.07%), Magnesium: 116.08mg (29.02%), Folate: 112.32µg (28.08%), Vitamin A: 1280.9IU (25.62%), Vitamin B6: 0.51mg (25.54%), Vitamin B1: 0.37mg (24.75%), Calcium: 242.96mg (24.3%), Potassium: 654.95mg (18.71%), Iron: 3.03mg (16.84%), Copper: 0.28mg (13.96%), Phosphorus: 129.68mg (12.97%), Vitamin B3: 1.97mg (9.87%), Vitamin B2: 0.15mg (8.53%), Zinc: 1.26mg (8.38%), Vitamin E: 1.07mg (7.13%), Vitamin B5: 0.55mg (5.53%), Selenium: 2.42µg (3.46%)