



Pickled Okra



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



100

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons dill seed
- ☐ 5 garlic clove peeled
- ☐ 3 pounds okra ()
- ☐ 0.3 cup salt
- ☐ 3 cups vinegar white 5% (acidity)

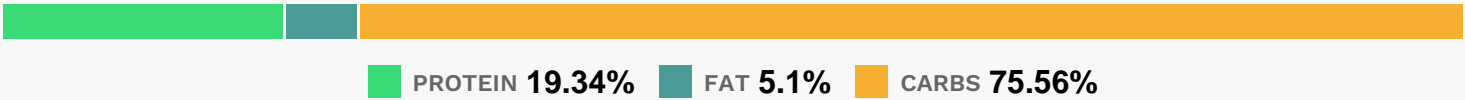
Equipment

- ☐ sauce pan

Directions

- ☐ Sterilize jars, and prepare lids.
- ☐ While jars are boiling, wash okra and trim stems, leaving caps intact.
- ☐ Combine vinegar, salt, dill seeds, and 3 cups water in large stainless steel saucepan. Bring to a boil.
- ☐ Place 1 garlic clove and, if desired, 1 hot pepper half in each hot jar. Pack okra pods tightly in jars, placing some stem end down and some stem end up and leaving 1/2-inch headspace. Cover okra with hot pickling liquid, leaving 1/2-inch headspace.
- ☐ Seal and process jars, processing 10 minutes.
- ☐ Remove jars from water, and let stand, undisturbed, at room temperature 24 hours. To check seals, remove the bands, and press down on the center of each lid. If the lid doesn't move, the jar is sealed. If the lid depresses and pops up again, the jar is not sealed. Store properly sealed jars in a cool, dark place up to 1 year. Refrigerate after opening.

Nutrition Facts



Properties

Glycemic Index:1.12, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.4004347823236%

Flavonoids

Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 6.22kcal (0.31%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.21g (0.23%), Cholesterol: 0mg (0%), Sodium: 378.38mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Manganese: 0.12mg (5.78%), Vitamin K: 4.26µg (4.06%), Vitamin C: 3.19mg (3.86%), Folate: 8.17µg (2.04%), Magnesium: 7.99mg (2%), Vitamin A: 97.47IU (1.95%), Vitamin B1: 0.03mg (1.85%), Fiber: 0.45g (1.79%), Vitamin B6: 0.03mg (1.56%), Calcium: 12.76mg (1.28%), Potassium: 42.02mg (1.2%)