



Pickled Okra with Jalapenos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1 teaspoon peppercorns black
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon juniper berries
- ☐ 6 kosher salt divided
- ☐ 1 pound okra trimmed halved lengthwise for larger okra
- ☐ 0.5 teaspoon pepper flakes red

☐ 3 cup distilled vinegar white

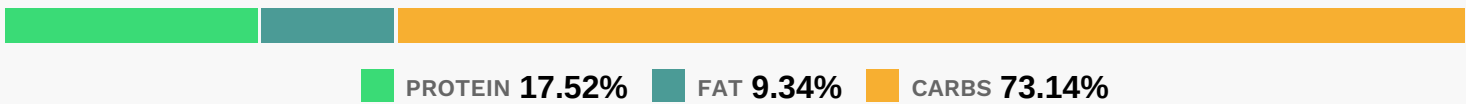
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Rinse the okra in a colander. Toss it with 3 tablespoons of salt.
- ☐ Let it drain into the sink for about 15 minutes.Put the remaining salt, 1 cup water the vinegar, sugar, spices, onions and jalapenos into a medium sized non-reactive saucepan. Bring to a boil over medium heat, stirring occasionally. After a few minutes turn the heat off.Rinse the okra under cool water to remove all the salt.
- ☐ Transfer the okra to a large heat proof bowl.
- ☐ Pour the pickling liquid over the okra.
- ☐ Let the mixture come to room temperature.
- ☐ Transfer the bowl to the refrigerator, covered to cool completely.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:8.515652169352%

Flavonoids

Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 54.15kcal (2.71%), Fat: 0.39g (0.6%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 3.95g (1.44%), Sugar: 1.19g (1.32%), Cholesterol: 0mg (0%), Sodium: 398.44mg (17.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.8mg (40.07%), Vitamin K: 25.09µg (23.9%), Vitamin C: 17.48mg (21.19%), Vitamin A: 597.27IU (11.95%), Magnesium: 47.12mg (11.78%), Fiber: 2.9g (11.6%), Folate:

45.6µg (11.4%), Vitamin B1: 0.15mg (10.22%), Vitamin B6: 0.17mg (8.45%), Calcium: 77.99mg (7.8%), Potassium: 246.78mg (7.05%), Phosphorus: 54.38mg (5.44%), Copper: 0.11mg (5.29%), Vitamin B3: 0.79mg (3.97%), Iron: 0.69mg (3.85%), Zinc: 0.49mg (3.25%), Vitamin B2: 0.05mg (2.91%), Vitamin B5: 0.2mg (1.98%), Selenium: 1.33µg (1.9%), Vitamin E: 0.28mg (1.86%)