

Spicy Pickled Okra

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- 4.5 cups cider vinegar
- 3 cloves garlic chopped
- 0.8 pound okra fresh
- 0.3 cup pepper flakes red crushed
- 4.5 teaspoons salt
- 0.3 cup paprika smoked
- 2 cups water

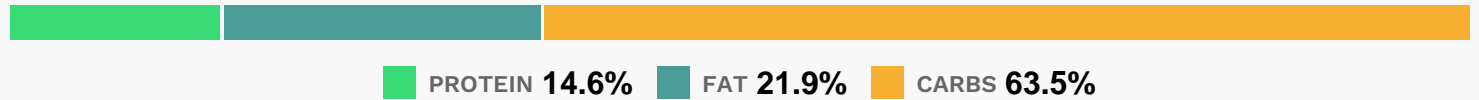
Equipment

- pot
- canning jar

Directions

- Wash the okra, rubbing lightly to remove any grit and fuzz. Sterilize 2 (1 quart) canning jars and lids in boiling water for at least 10 minutes, allow to cool before filling with okra.
- Combine the cider vinegar, water, garlic, red pepper flakes, smoked paprika, salt, and peppercorns to a boil in a large pot over medium-high heat. Reduce the temperature and simmer for 15 minutes.
- Remove from the heat.
- Pack fresh, cleaned okra loosely into the jars.
- Pour the hot brine over the okra, filling the jars to the top. Seal jars, making sure you have cleaned the jar's rims of any residue. Store the jars in the refrigerator. Allow contents to pickle at least one week minimum before eating, two weeks is best.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:25.867391275323%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 17.87mg, Quercetin: 17.87mg, Quercetin: 17.87mg, Quercetin: 17.87mg

Nutrients (% of daily need)

Calories: 148.62kcal (7.43%), Fat: 3.15g (4.85%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 10.3g (3.75%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 2888.95mg (125.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Vitamin A: 8318.07IU (166.36%), Manganese: 1.74mg (87.14%), Vitamin E: 7.84mg (52.24%), Vitamin K: 47.71µg (45.44%), Fiber: 10.27g (41.08%), Vitamin B6: 0.66mg (33.25%), Iron: 5.11mg (28.39%), Potassium: 902.38mg (25.78%), Vitamin C: 20.43mg (24.76%), Magnesium: 97.78mg (24.45%), Copper: 0.34mg (16.89%), Vitamin B3: 3.26mg (16.3%), Vitamin B2: 0.28mg (16.21%), Calcium: 162.06mg (16.21%), Vitamin B1: 0.23mg (15.59%), Folate: 58.54µg (14.64%), Phosphorus: 142.39mg (14.24%), Zinc: 1.57mg (10.49%), Selenium: 4.63µg (6.62%), Vitamin B5: 0.52mg (5.23%)