

Spicy Pickled Okra



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 4 optional: dill fresh
- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons kosher salt
- ☐ 1.5 pounds okra
- ☐ 2 jalapeno green red halved lengthwise
- ☐ 3 tablespoons sugar

- ☐ 2 cups water
- ☐ 1 teaspoon peppercorns cracked white
- ☐ 2.5 cups vinegar white

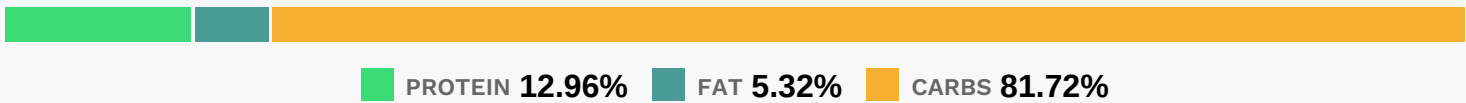
Equipment

- ☐ sauce pan

Directions

- ☐ Combine vinegar and the next 7 ingredients (through cumin seeds) in a large saucepan; bring to a boil. Cook 1 minute or until sugar and salt dissolve, stirring frequently.
- ☐ Remove from heat; stir in fresh dill sprigs, jalapeos, and okra pods. Cool completely; pour mixture into an airtight container. Cover and chill.
- ☐ Note: Refrigerate okra in an airtight container for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:10.85, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:3.8813043340393%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 26.29kcal (1.31%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.53g (1.28%), Sugar: 2.39g (2.65%), Cholesterol: 0mg (0%), Sodium: 702.42mg (30.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Manganese: 0.31mg (15.75%), Vitamin C: 10.11mg (12.25%), Vitamin K: 10.85µg (10.33%), Vitamin A: 273.75IU (5.47%), Magnesium: 21.7mg (5.42%), Folate: 21.07µg (5.27%), Fiber: 1.27g (5.08%), Vitamin B1: 0.07mg (4.7%), Vitamin B6: 0.08mg (4.09%), Calcium: 35.07mg (3.51%), Potassium: 113.45mg (3.24%), Copper: 0.05mg (2.53%), Phosphorus: 24.59mg (2.46%), Iron: 0.39mg (2.17%), Vitamin B3: 0.37mg (1.87%), Zinc: 0.23mg (1.51%), Vitamin B2: 0.02mg (1.4%)