

Spicy Pickled Okra

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-pickled-okra-recipe>

Ingredients:

- 2 pounds okra stems trimmed
- 8 garlic cloves
- 1 cup fresh dill
- 4 serrano chiles stem removed 4
- 2 teaspoons chile flakes
- 2 teaspoons cumin seed
- 4 teaspoons salt
- 3 cups apple cider vinegar

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 21 grams
3. Fiber: 8 grams
4. Protein: 5 grams
5. Sodium: 2390 milligrams
6. Sugar: 3 grams

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