

# Ivy gourd Pickle

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-gourd-recipe>

## Ingredients:

- 1 pound gourd
- 3 tablespoons white vinegar
- oil preferably gingelly oil - 3 tbsp
- salt to taste
- 2 tablespoons red chilly powder
- 1/4 teaspoon turmeric powder
- fenugreek Powder - 1/4 tsp
- 1/2 teaspoon mustard powder
- 1/8 teaspoon asafoetida

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Fat: 6 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 230 milligrams

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