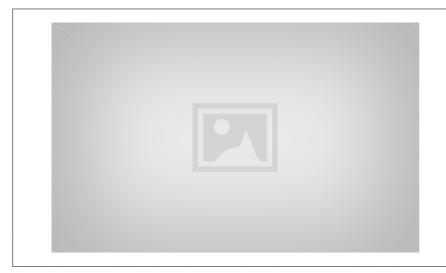


Cultured Traditions 92745 - Spicy Okra Pickles





Wonderfully delicious right out of the jar, or on your favorite sandwich, salad or soup our pickles are a delicious, nutritious addition to any meal!



* Benefits

At Cultured Traditions we use centuries old fermentation methods to make our delicious products. Not only are they tasty, they are incredibly good for you! We never pasteurize anything, so all our ferments are raw, living and full of happy 'bugs'. For all of our products we use certified organic ingredients, but we do also work with local farmers who practice organic growing methods without being formally certified. Our Spicy Okra is naturally fermented in salt brine. No sugar, no vinegar, just the way pickles have been made for centuries! Our pickles are never heated, they are living and vibrant and their flavor continues to evolve with time. Wonderfully delicious flot out of the jar, or on your favorite sandwich, salad or soup our pickles are a delicious, nutritious addition to any meal!
INGREDIENTS OKRA, PURIFIED WATER, GARLIC, ONIONS, HIMALAYAN PINK SALT, CORIANDER, ALLSPICE, CLOVES, MUSTARD SEED, BAY LEAVES, RED PEPPER
Vegan and naturally gluten free.

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Ingredients

Allergens

PURIFIED WATER, OKRA, GARLIC, ONIONS, HIMALAYAN PINK SALT, DILL, CORIANDER, ALLSPICE, CLOVES, MUSTARD SEED, BAY LEAVES, GOCHUGARU PEPPER

Free From:





soy (ii) tree nuts (s) wheat





Nutrition Facts

Servings per Container 30.0g (30g) Serving size

Calories	10
% Dai	ly Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 1g	
Includes 0g Added Sugar	%
Protein 0g	_
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 60mg	2%

^{*} The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Product Specifications

KEEP REFRIGERATED

Serving Suggestions

Ready to be consumed simply add to hamburgers, salads, soups or serve by itself!

Prep & Cooking Suggestions

Ready to be consumed, no preparation necessary

Brand	Manufacturer
Cultured Traditions	Cultured Traditions

UPC	MFG #	SPC#	GTIN	Pack	Pack Desc.
195893192748	SO	92745	10195893192745		12/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
19.5lb	12lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
13.25in	10in	5.75in	0.44ft3	14x6	210days	35°F / 37°F





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Nutrition Analysis - By Measure

Calories	10	Total Fat	0g	Sodium	240mg
Protein	0	Trans Fats		Calcium	10mg
Total Carbohydrates…	2g	Saturated Fat	0g	Iron	0.2mg
Sugars	1g	Added Sugars	0g	Potassium	60mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	• Additional Images					

