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While the downside is clearly the high sodium and high

oil content in pickles that are generously added during its preparation,

if had in moderation, it has more benefits than harm.

Since there is no heat involved in the preparation of pickles, they also preserve the

nutrition of vegetables.

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Achars have been the most integrated part of our day to

day life, and are consumed in various different ways but we all question the mar

malade the most about it being healthy or should we consume it. The answer is si

mple, YES the mix is extremely healthy as it has various rich health benefits to

offer.

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Health Benefits of Indian Pickles (Achar) - Swad Shop

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