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Dr. Rohini Patil, MBBS & Certified Nutritionist says,

Fermented pickles, such as those made with brine or vinegar, can be a good source of probiotics. These beneficial bacteria support gut health and aid digestion.

Is achar consumed only to enhance taste? Top health benefits of Indian ...

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The most commonly used oil for making pickles is

mustard oil. It is known for its pungent flavor, which adds a unique taste to the pickles.

Which oil is used for making pickles? - Quora

quora : Which-oil-is-used-for-making-pickles

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