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each one costing theverR\$10million when including training And upkeep ,accorder to

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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.

Achaar with every meal: Good or bad? - The Times of India

m.timesofindia : achar-with

-every-meal-good-or-bad : articleshow

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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

marmalade the most about it being healthy or should we consume it. The answer

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

to offer.

Top 5 Health Benefits of Indian Pickles (Achar) - Swad Shop

swad.shop : blog : 5-benefits-of-indian

-pickles

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