

# Low-Carb Pickled Avocado

Hands-on 10 minutes Overall 1 hour 10 minutes

**Nutritional values (per serving, 1/4 avocado/ 2 slices):** Total carbs: 3.8 g, Fiber: 2.7 g,

**Net carbs: 1.1 g**, Protein: 0.8 g, Fat: 5.5 g, Calories: 68 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4-8 servings)

2 medium avocados, peeled, pitted and cut into eighths (300 g/  
10.6 oz)

1 clove garlic, crushed

sprig of cilantro

1 cup white wine vinegar (240 ml/ 8 fl oz)

1 cup water (240 ml/ 8 fl oz)

1 heaped tbsp [Swerve](#) or [Erythritol](#) (15 g/ 0.5 oz)

1 tbsp sea salt or [pink Himalayan salt](#)

1/2 tsp black peppercorns

pinch red pepper flakes

*Nutrition facts are estimated as some of the ingredients are only used for pickling (due to negligible effects on nutrition facts, I fully included them in the calculation).*

## Instructions

1. Place the avocado cut into eighths, crushed garlic, and cilantro in a jar.
2. Bring the remaining ingredients to a boil then pour over the avocado. Place the lid on and transfer to the refrigerator for at least one hour before serving. Pickled avocados will keep up to one week in the refrigerator.

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