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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 ...

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