



HEALTH SCORE

10%

Afghan Okra



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon turmeric
- ☐ 1 pound okra sliced in 1/4 inch pieces
- ☐ 1 onion thinly sliced
- ☐ 4 servings salt and pepper black to taste
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water

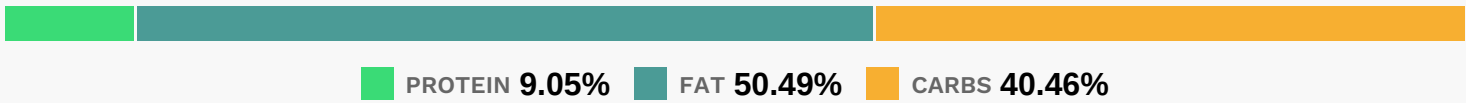
Equipment

☐ frying pan

Directions

- ☐ Heat the vegetable oil in a skillet over medium-low heat. Stir in the onions, and cook until softened and dark brown, about 15 minutes. Stir in the tomato paste until no lumps remain.
- ☐ Add the okra, and sprinkle with turmeric, salt, and pepper.
- ☐ Pour in the water and bring to a boil over high heat. Reduce heat to medium-low, and simmer until the okra is very tender and the sauce has thickened slightly, 15 to 20 minutes. Season to taste with salt and pepper again before serving.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:13.809565284978%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 29.36mg, Quercetin: 29.36mg, Quercetin: 29.36mg, Quercetin: 29.36mg

Nutrients (% of daily need)

Calories: 116.86kcal (5.84%), Fat: 7.13g (10.97%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 8.32g (3.03%), Sugar: 3.83g (4.26%), Cholesterol: 0mg (0%), Sodium: 272.13mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Manganese: 0.99mg (49.64%), Vitamin K: 49.09µg (46.75%), Vitamin C: 30mg (36.36%), Vitamin A: 934.48IU (18.69%), Folate: 74.42µg (18.6%), Magnesium: 72.9mg (18.22%), Fiber: 4.53g (18.12%), Vitamin B1: 0.25mg (16.33%), Vitamin B6: 0.3mg (15.15%), Potassium: 473mg (13.51%), Calcium: 106.78mg (10.68%), Copper: 0.19mg (9.28%), Phosphorus: 85.13mg (8.51%), Vitamin E: 1.23mg (8.18%), Vitamin B3: 1.44mg (7.19%), Iron: 1.21mg (6.72%), Zinc: 0.79mg (5.26%), Vitamin B2: 0.09mg (5.23%), Vitamin B5: 0.32mg (3.23%), Selenium: 1.38µg (1.97%)