



## Bacon-Fried Okra

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

### Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook hot
- 0.5 pound okra fresh
- 4 servings salt to taste

### Equipment

- frying pan

### Directions

Finely chop okra. Saut in hot bacon drippings in a medium skillet over medium-high heat 10 to 12 minutes or until lightly browned.

Sprinkle with salt to taste.

## Nutrition Facts

**PROTEIN 5.15%** **FAT 74.95%** **CARBS 19.9%**

### Properties

Glycemic Index:8, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:5.6617391446362%

### Flavonoids

Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg

### Nutrients (% of daily need)

Calories: 81.5kcal (4.08%), Fat: 7.07g (10.88%), Saturated Fat: 2.74g (17.16%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.84g (0.93%), Cholesterol: 6.65mg (2.22%), Sodium: 208.26mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Manganese: 0.45mg (22.36%), Vitamin K: 17.75µg (16.9%), Vitamin C: 13.04mg (15.81%), Folate: 34.02µg (8.5%), Vitamin A: 405.97IU (8.12%), Magnesium: 32.32mg (8.08%), Vitamin B1: 0.11mg (7.56%), Fiber: 1.81g (7.26%), Vitamin B6: 0.12mg (6.1%), Potassium: 169.57mg (4.84%), Calcium: 46.61mg (4.66%), Phosphorus: 34.59mg (3.46%), Copper: 0.06mg (3.1%), Vitamin B3: 0.57mg (2.83%), Zinc: 0.34mg (2.25%), Vitamin B2: 0.03mg (2%), Iron: 0.35mg (1.96%), Vitamin B5: 0.14mg (1.39%), Vitamin E: 0.2mg (1.3%), Vitamin D: 0.17µg (1.17%)