



Fried Okra Salad

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices bacon
- 2 tablespoons bell pepper green chopped
- 2 tablespoons green onion chopped
- 20 ounce breaded okra frozen
- 0.3 cup tomatoes chopped
- 0.5 cup vegetable oil
- 0.3 cup distilled vinegar white
- 0.5 cup sugar white

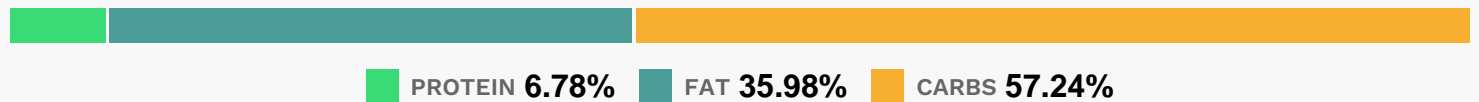
Equipment

- bowl
- frying pan
- paper towels
- whisk
- microwave

Directions

- Place bacon in a large skillet and cook over medium–high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on paper towels.
- Cook and stir okra in the same skillet used for bacon until tender and browned, 10 to 15 minutes.
- Remove and drain on paper towels.
- Combine bacon, okra, tomato, green onion, and green bell pepper in a bowl.
- Whisk oil, sugar, and vinegar together in a microwave–safe bowl.
- Heat in microwave on high for 1 minute, stirring every 10 seconds, until dressing is boiling and sugar is dissolved.
- Pour over vegetables right before serving; toss to coat.

Nutrition Facts



Properties

Glycemic Index:38.68, Glycemic Load:13.05, Inflammation Score:-7, Nutrition Score:11.016956477709%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

20.15mg, Quercetin: 20.15mg, Quercetin: 20.15mg, Quercetin: 20.15mg

Nutrients (% of daily need)

Calories: 162.71kcal (8.14%), Fat: 6.8g (10.47%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 24.35g (8.12%), Net Carbohydrates: 21.12g (7.68%), Sugar: 18.37g (20.42%), Cholesterol: 4.84mg (1.61%), Sodium: 56.37mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin K: 41.28µg (39.32%), Manganese: 0.77mg (38.42%), Vitamin C: 25.74mg (31.2%), Vitamin A: 779.69IU (15.59%), Folate: 59.53µg (14.88%), Vitamin B1: 0.22mg (14.34%), Magnesium: 56.47mg (14.12%), Fiber: 3.23g (12.91%), Vitamin B6: 0.24mg (11.87%), Potassium: 328.18mg (9.38%), Calcium: 81.24mg (8.12%), Phosphorus: 71.98mg (7.2%), Vitamin B3: 1.31mg (6.57%), Copper: 0.12mg (5.82%), Zinc: 0.66mg (4.42%), Vitamin E: 0.65mg (4.34%), Vitamin B2: 0.07mg (4.11%), Iron: 0.69mg (3.84%), Selenium: 2.3µg (3.29%), Vitamin B5: 0.28mg (2.84%)