



Grilled Okra

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 0.3 cup cajun spice
- 1 pound okra fresh

Equipment

- grill

Directions

- Preheat an outdoor grill for high heat, and lightly oil the grate.
- Roll the okra in the melted butter and then in the cajun seasoning. Grill the okra until charred, about 2 minutes per side.

Nutrition Facts

PROTEIN 7.47% **FAT 64.84%** **CARBS 27.69%**

Properties

Glycemic Index:24.25, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:17.949130510506%

Flavonoids

Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 158.18kcal (7.91%), Fat: 12.59g (19.37%), Saturated Fat: 7.47g (46.66%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 6.12g (2.22%), Sugar: 2.38g (2.65%), Cholesterol: 30.5mg (10.17%), Sodium: 103.75mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Vitamin A: 4491.12IU (89.82%), Manganese: 1mg (50.05%), Vitamin K: 41.91µg (39.91%), Vitamin C: 26.14mg (31.69%), Fiber: 5.98g (23.94%), Vitamin B6: 0.39mg (19.44%), Magnesium: 76.94mg (19.23%), Folate: 71.77µg (17.94%), Vitamin E: 2.6mg (17.33%), Vitamin B1: 0.25mg (16.65%), Potassium: 496.37mg (14.18%), Iron: 2.13mg (11.85%), Calcium: 111.85mg (11.18%), Phosphorus: 93.77mg (9.38%), Vitamin B2: 0.16mg (9.17%), Vitamin B3: 1.82mg (9.09%), Copper: 0.17mg (8.59%), Zinc: 0.96mg (6.42%), Vitamin B5: 0.46mg (4.63%), Selenium: 1.36µg (1.94%)