



Grilled Okra-and-Tomatillo Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove pressed
- 0.5 teaspoon coarsely ground pepper
- 3 tablespoons juice of lime fresh
- 1 teaspoon lime rind grated
- 1 pound okra fresh trimmed
- 2 tablespoons olive oil
- 2 teaspoons olive oil divided

- 1 teaspoon salt
- 1 large onion sweet thinly sliced
- 10 tomatillos fresh

Equipment

- bowl
- grill
- wok

Directions

- Remove husks from tomatillos; wash thoroughly, and thinly slice.
- Coat a cold cooking grate with cooking spray; place on grill over medium-high heat (350 to 400).
- Place tomatillos on cooking grate, and grill, covered with grill lid, 4 minutes on each side or until tender.
- Remove from grill; coarsely chop.
- Toss onion with 1 tsp. olive oil. Grill onion in a grill wok or metal basket, covered with grill lid, over medium-high heat (350 to 400).
- minutes or until slightly charred, stirring occasionally.
- Remove from grill, and coarsely chop.
- Cut okra in half lengthwise, and toss with remaining 1 tsp. oil. Grill okra in a grill wok or metal basket, covered with grill lid, over medium-high heat (350 to 400).
- minutes or until tender, stirring occasionally.
- Remove from grill.
- Stir together lime rind and next 6 ingredients in a large bowl; add tomatillos, onion, and okra, tossing to coat.
- Serve at room temperature.

Nutrition Facts



■ PROTEIN 7.97% ■ FAT 47.88% ■ CARBS 44.15%

Properties

Glycemic Index:19.75, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:8.8573912537616%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Quercetin: 18.2mg, Quercetin: 18.2mg, Quercetin: 18.2mg, Quercetin: 18.2mg

Nutrients (% of daily need)

Calories: 87.8kcal (4.39%), Fat: 5.09g (7.83%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 7.47g (2.72%), Sugar: 4.69g (5.22%), Cholesterol: 0mg (0%), Sodium: 298.92mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Manganese: 0.57mg (28.47%), Vitamin C: 22.01mg (26.68%), Vitamin K: 26.67µg (25.4%), Fiber: 3.08g (12.31%), Folate: 47.44µg (11.86%), Magnesium: 45.45mg (11.36%), Vitamin B6: 0.21mg (10.37%), Vitamin B1: 0.15mg (10.12%), Potassium: 345.38mg (9.87%), Vitamin A: 492.22IU (9.84%), Vitamin B3: 1.43mg (7.13%), Vitamin E: 1mg (6.65%), Phosphorus: 64.18mg (6.42%), Copper: 0.12mg (6.22%), Calcium: 60.41mg (6.04%), Iron: 0.78mg (4.36%), Vitamin B2: 0.06mg (3.5%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.26mg (2.58%), Selenium: 0.89µg (1.27%)