



Grilled Okra and Tomato Skewers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 pound cherry tomatoes
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 pound okra trimmed
- ☐ 4 teaspoons olive oil
- ☐ 2 small onion cut into 8 wedges

- ☐ 0.1 teaspoon sugar
- ☐ 1 teaspoon water

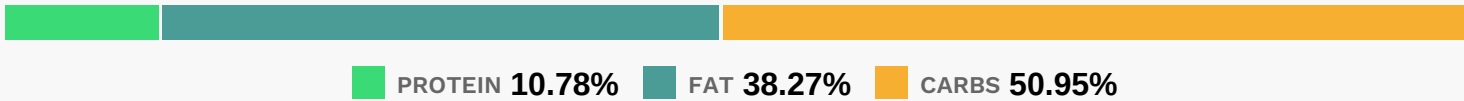
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Divide each onion wedge into 2 equal pieces. Thread 3 okra pods, 2 cherry tomatoes, and 2 onion pieces alternately onto each of 8 (12-inch) skewers.
- ☐ Combine olive oil, kosher salt, and the remaining ingredients except for cooking spray in a small bowl, stirring with a whisk.
- ☐ Brush olive oil mixture over the skewers.
- ☐ Place the skewers on a grill rack coated with cooking spray, and grill skewers for 3 minutes on each side or until tender.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:6.2030435100846%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg

Nutrients (% of daily need)

Calories: 46.2kcal (2.31%), Fat: 2.16g (3.33%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.51g (1.64%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 297.77mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Manganese: 0.44mg (21.76%), Vitamin C: 17.87mg (21.66%), Vitamin K: 15.9µg (15.14%), Vitamin A: 496.9IU (9.94%), Folate: 32.72µg (8.18%), Fiber: 1.97g (7.88%), Vitamin B6: 0.15mg (7.4%), Magnesium: 29.36mg (7.34%), Vitamin B1: 0.11mg (7.03%), Potassium: 223.43mg (6.38%), Calcium: 44.88mg (4.49%), Phosphorus: 40.86mg (4.09%), Vitamin E: 0.61mg (4.04%), Copper: 0.08mg (4.04%), Iron: 0.55mg (3.08%), Vitamin B3: 0.62mg (3.08%), Vitamin B2: 0.04mg (2.29%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.17mg (1.7%)