




 **65%**
HEALTH SCORE

Grilled Okra and Tomatoes


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




10 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- 1 pt cherry tomatoes
- 2 tablespoons basil fresh chopped
- 1 pound okra fresh trimmed
- 2 tablespoons olive oil
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

Equipment

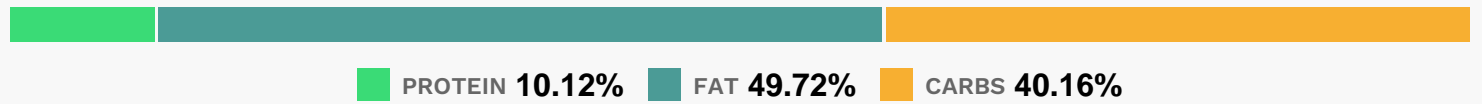
- bowl

grill

Directions

- Combine first 5 ingredients in a large bowl.
- Place mixture on cooking grate, and grill, covered with grill lid, over medium-high heat (350 to 400). Grill tomatoes 3 minutes or just until they begin to pop. Turn okra, and grill, covered with grill lid, 2 to 3 more minutes or until tender.
- Transfer okra and tomatoes to a serving dish, and sprinkle with basil.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:16.656521610592%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 24.61mg, Quercetin: 24.61mg, Quercetin: 24.61mg, Quercetin: 24.61mg

Nutrients (% of daily need)

Calories: 121.45kcal (6.07%), Fat: 7.36g (11.32%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 8.84g (3.22%), Sugar: 4.63g (5.14%), Cholesterol: 0mg (0%), Sodium: 311.87mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin C: 53.23mg (64.52%), Manganese: 1.06mg (53.09%), Vitamin K: 47.58µg (45.31%), Vitamin A: 1444.51IU (28.89%), Folate: 84.14µg (21.03%), Magnesium: 76.36mg (19.09%), Fiber: 4.54g (18.14%), Vitamin B1: 0.27mg (18%), Potassium: 603.34mg (17.24%), Vitamin B6: 0.34mg (16.98%), Vitamin E: 1.99mg (13.25%), Copper: 0.22mg (10.99%), Calcium: 109.13mg (10.91%), Phosphorus: 103.25mg (10.33%), Iron: 1.61mg (8.92%), Vitamin B3: 1.78mg (8.88%), Vitamin B2: 0.1mg (5.6%), Zinc: 0.84mg (5.57%), Vitamin B5: 0.44mg (4.36%), Selenium: 1.4µg (2%)