



Indian-Spiced Okra



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon brown mustard seeds
- ☐ 1 tablespoon canola oil
- ☐ 0.3 teaspoon curry powder
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound okra pods small to medium trimmed
- ☐ 1 teaspoon serrano chile finely chopped

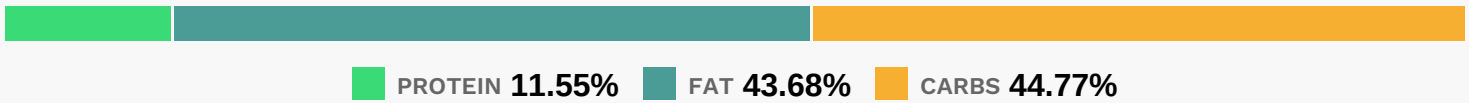
Equipment

☐ frying pan

Directions

- ☐ Cook mustard seeds in a large heavy skillet over medium-high heat for 30 seconds or until toasted and fragrant.
- ☐ Add canola oil and remaining ingredients; cook 1 minute, stirring occasionally. Cover, reduce heat to low, and cook 8 minutes, stirring occasionally. Uncover and increase heat to high; cook an additional 2 minutes or until okra is lightly browned.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:7.8373912754266%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 15.91mg, Quercetin: 15.91mg, Quercetin: 15.91mg, Quercetin: 15.91mg

Nutrients (% of daily need)

Calories: 47.01kcal (2.35%), Fat: 2.55g (3.93%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 199.28mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Manganese: 0.61mg (30.35%), Vitamin K: 25.45µg (24.24%), Vitamin C: 17.62mg (21.35%), Folate: 45.58µg (11.4%), Magnesium: 44.53mg (11.13%), Vitamin A: 545.24IU (10.9%), Fiber: 2.6g (10.4%), Vitamin B1: 0.15mg (10.17%), Vitamin B6: 0.17mg (8.26%), Potassium: 232.7mg (6.65%), Calcium: 64.94mg (6.49%), Phosphorus: 48.01mg (4.8%), Copper: 0.09mg (4.35%), Vitamin E: 0.63mg (4.22%), Vitamin B3: 0.77mg (3.86%), Iron: 0.55mg (3.07%), Zinc: 0.46mg (3.06%), Vitamin B2: 0.05mg (2.76%), Vitamin B5: 0.19mg (1.86%)