



Lemon-Macerated Okra and Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 garlic cloves thinly sliced
- ☐ 0.5 cup kalamata olives
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind
- ☐ 3 cups okra pods

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 thyme sprigs

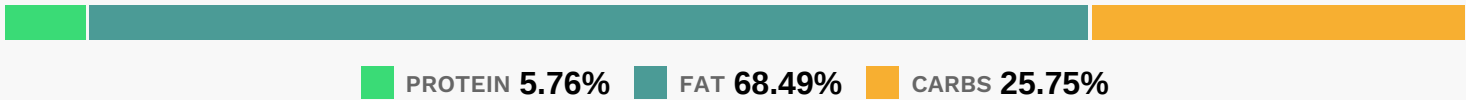
Equipment

- ☐ bowl
- ☐ sieve
- ☐ ziploc bags

Directions

- ☐ Combine all ingredients in a large zip-top plastic bag, and seal. Marinate in refrigerator 48 to 72 hours, turning bag occasionally. Strain the okra mixture through a sieve over a bowl, discarding marinade.

Nutrition Facts



Properties

Glycemic Index:7.64, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:2.7552174083565%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 33.93kcal (1.7%), Fat: 2.81g (4.32%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 161.14mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 7.54mg (9.14%), Manganese: 0.18mg (9.08%), Vitamin K: 8.06µg (7.68%), Vitamin A: 201.74IU (4.03%), Fiber: 0.96g (3.84%), Vitamin E: 0.56mg (3.76%), Folate: 14.05µg (3.51%), Magnesium: 13.53mg (3.38%), Vitamin B1: 0.05mg (3.09%), Vitamin B6: 0.06mg (2.89%), Calcium: 22.69mg (2.27%), Potassium: 75.36mg (2.15%), Copper: 0.03mg (1.66%), Phosphorus: 14.7mg (1.47%), Iron: 0.23mg (1.26%), Vitamin B3: 0.25mg (1.23%)