



Mixed Vegetable Coo-Coo with Tomato Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 2 cups tomatoes canned crushed undrained
- 2 cups whole-kernel corn frozen thawed
- 2 cups cornmeal
- 1 teaspoon brown sugar dark
- 1 large garlic clove minced
- 0.1 teaspoon ground allspice

- 0.3 teaspoon kosher salt
- 1 teaspoon kosher salt
- 1 cup cut okra frozen thawed
- 0.5 cup onion chopped
- 0.8 teaspoon oregano dried
- 0.5 cup bell pepper red chopped
- 0.3 cup vegetable broth organic (such as Swanson Certified)
- 7 cups water

Equipment

- frying pan
- sauce pan
- whisk

Directions

- To prepare sauce, heat a small saucepan over medium heat. Coat pan with cooking spray.
- Add onion and next 5 ingredients (through garlic) to pan; cook 5 minutes, stirring occasionally. Stir in broth, sugar, allspice, and tomatoes. Partially cover, reduce heat, and simmer 20 minutes, stirring occasionally.
- To prepare coo-coo, place cornmeal and 1 teaspoon salt in a large saucepan. Gradually add 7 cups water, stirring constantly with a whisk. Bring to a boil. Reduce heat to medium, and cook 15 minutes, stirring frequently.
- Add corn and okra; cook 2 minutes or until thoroughly heated, stirring constantly.
- Remove from heat.
- Place butter in a small skillet over medium heat; cook 2 minutes or until browned.
- Add butter to coo-coo; stir well.
- Serve sauce over coo-coo.

Nutrition Facts



■ PROTEIN 10.23% ■ FAT 21.4% ■ CARBS 68.37%

Properties

Glycemic Index:62.42, Glycemic Load:25.48, Inflammation Score:-8, Nutrition Score:16.016086904899%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 318.23kcal (15.91%), Fat: 7.9g (12.15%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 56.77g (18.92%), Net Carbohydrates: 48g (17.45%), Sugar: 8.89g (9.87%), Cholesterol: 10.03mg (3.34%), Sodium: 790.7mg (34.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Manganese: 0.75mg (37.32%), Vitamin C: 29.19mg (35.38%), Fiber: 8.78g (35.1%), Vitamin B6: 0.55mg (27.57%), Magnesium: 96.2mg (24.05%), Vitamin B1: 0.29mg (19.18%), Phosphorus: 189.93mg (18.99%), Copper: 0.37mg (18.43%), Iron: 3.09mg (17.15%), Vitamin A: 848.85IU (16.98%), Folate: 67.76µg (16.94%), Potassium: 583.48mg (16.67%), Vitamin B3: 3.17mg (15.83%), Zinc: 2.23mg (14.89%), Vitamin K: 12.29µg (11.7%), Vitamin E: 1.65mg (11.02%), Vitamin B2: 0.17mg (9.86%), Vitamin B5: 0.84mg (8.43%), Calcium: 65.65mg (6.56%), Selenium: 4.33µg (6.19%)