



WHATSheATE



Okra-and-Corn Maque Choux



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 3 cups corn kernels fresh
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 cup okra fresh sliced
- ☐ 8 servings salt and pepper freshly ground to taste
- ☐ 0.3 pound spicy sausage smoked diced
- ☐ 0.5 cup onion sweet chopped
- ☐ 0.5 lb tomatoes diced peeled seeded

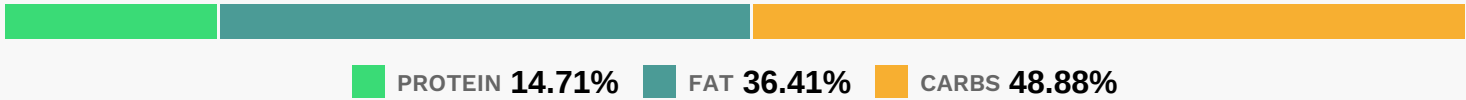
Equipment

☐ frying pan

Directions

- ☐ Saut sausage in a large skillet over medium-high heat 3 minutes or until browned.
- ☐ Add onion, bell pepper, and garlic, and saut 5 minutes or until tender.
- ☐ Add corn, okra, and tomato; cook, stirring often, 10 minutes. Season with salt and pepper to taste.
- ☐ Note: We tested with Conecuh Original Spicy and Hot Smoked Sausage.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:6.8391304949056%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 104.84kcal (5.24%), Fat: 4.61g (7.09%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 11.83g (4.3%), Sugar: 5.07g (5.63%), Cholesterol: 10.06mg (3.35%), Sodium: 325.65mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Vitamin C: 18.66mg (22.62%), Manganese: 0.26mg (12.83%), Vitamin B1: 0.17mg (11.17%), Folate: 38.41µg (9.6%), Vitamin A: 461.96IU (9.24%), Vitamin B3: 1.78mg (8.88%), Potassium: 309.41mg (8.84%), Magnesium: 34.09mg (8.52%), Phosphorus: 83.7mg (8.37%), Fiber: 2.09g (8.37%), Vitamin B6: 0.17mg (8.37%), Vitamin K: 7.05µg (6.71%), Vitamin B5: 0.53mg (5.32%), Zinc: 0.7mg (4.69%), Vitamin B2: 0.07mg (4.25%), Copper: 0.08mg (4.12%), Iron: 0.65mg (3.61%), Vitamin B12: 0.21µg (3.57%), Selenium: 2.43µg (3.47%), Calcium: 19.57mg (1.96%), Vitamin E: 0.26mg (1.75%), Vitamin D: 0.16µg (1.04%)