



Okra-and-Potato Hash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown mustard seeds whole
- 2 teaspoons ginger fresh minced
- 2 garlic cloves minced
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 0.5 teaspoon ground pepper red
- 1 teaspoon ground turmeric
- 0.3 teaspoon kosher salt

- 1.5 pounds okra fresh cut into 1/8-inch-thick slices
- 0.5 pound russet potatoes diced
- 1.5 tablespoons sesame seed toasted
- 1 small onion sweet minced
- 0.3 cup vegetable oil

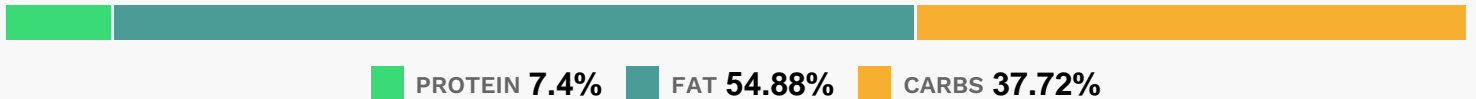
Equipment

- frying pan
- wok

Directions

- Cook mustard seeds in hot oil in a wok or large heavy skillet over medium-high heat 10 seconds or just until seeds begin to pop.
- Add onion and next 2 ingredients; saut 2 minutes or until fragrant. Stir in potatoes, red pepper, and salt; cover, reduce heat to low, and cook, stirring occasionally, 5 minutes. Uncover; stir in okra, next 3 ingredients, and salt to taste. Cook, uncovered, over low heat, stirring occasionally, 8 to 10 minutes or until potatoes and okra are tender.
- Sprinkle with sesame seeds just before serving.

Nutrition Facts



Properties

Glycemic Index:39.79, Glycemic Load:7.14, Inflammation Score:-10, Nutrition Score:17.120434802511%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 31.81mg, Quercetin: 31.81mg, Quercetin: 31.81mg, Quercetin: 31.81mg

Nutrients (% of daily need)

Calories: 213.37kcal (10.67%), Fat: 13.85g (21.31%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 16.04g (5.83%), Sugar: 4.77g (5.31%), Cholesterol: 0mg (0%), Sodium: 113.19mg (4.92%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.2g (8.41%), Manganese: 1.13mg (56.75%), Vitamin K: 58.86µg (56.06%), Vitamin C: 31.66mg (38.37%), Vitamin B6: 0.49mg (24.48%), Magnesium: 92.62mg (23.16%), Folate: 88.98µg (22.24%), Fiber: 5.39g (21.57%), Vitamin B1: 0.31mg (20.53%), Vitamin A: 891.05IU (17.82%), Potassium: 613.09mg (17.52%), Copper: 0.3mg (14.84%), Calcium: 143.09mg (14.31%), Phosphorus: 129.39mg (12.94%), Iron: 2.22mg (12.33%), Vitamin E: 1.42mg (9.46%), Vitamin B3: 1.79mg (8.97%), Zinc: 1.11mg (7.4%), Vitamin B2: 0.11mg (6.18%), Vitamin B5: 0.46mg (4.57%), Selenium: 2.99µg (4.27%)