



Okra and Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon cardamom freshly ground
- 1 tablespoon ginger fresh minced
- 1 tablespoon garlic minced
- 1.5 teaspoons kosher salt
- 1 pound okra rinsed trimmed
- 3 tablespoons olive oil
- 1.5 cups onion red finely chopped
- 2 cups tomatoes peeled chopped

1 teaspoon grains of paradise black freshly ground

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Equipment

sauce pan

Directions

Cut each okra pod in half lengthwise and set aside. If there are any pods longer than 4 inches, cut them in half crosswise and then lengthwise.

Heat the olive oil in a 4-quart saucepan over medium heat until shimmering.

Add the onions along with the salt and cook until they begin to turn golden, approximately 4 minutes.

Add the garlic and cook for 1 minute longer.

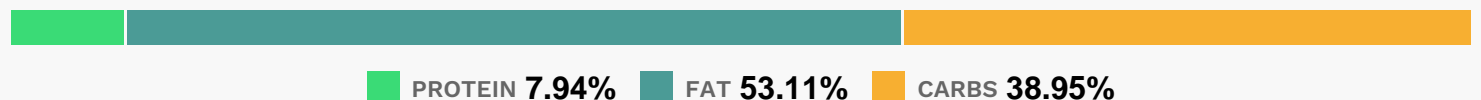
Add the tomatoes and bring the mixture to a boil. Decrease the heat to low and add the ginger, pepper, cardamom and okra. Stir to combine. Cook, uncovered for 20 minutes.

Remove from the heat, taste and adjust the seasoning as desired.

Serve immediately.

*Cook's Note: Grains of Paradise are available online and in specialty spice markets. They have a zesty flavor reminiscent of pepper, coriander, and cardamom.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:11.217391185139%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 24.28mg, Quercetin: 24.28mg, Quercetin: 24.28mg, Quercetin: 24.28mg

Nutrients (% of daily need)

Calories: 115.21kcal (5.76%), Fat: 7.31g (11.25%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 8.27g (3.01%), Sugar: 4.15g (4.62%), Cholesterol: 0mg (0%), Sodium: 591.29mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Manganese: 0.78mg (38.85%), Vitamin C: 27.66mg (33.53%), Vitamin K: 31.98µg (30.46%), Vitamin A: 955.93IU (19.12%), Fiber: 3.79g (15.17%), Folate: 60.58µg (15.14%), Magnesium: 53.79mg (13.45%), Vitamin B6: 0.27mg (13.45%), Vitamin B1: 0.19mg (12.75%), Potassium: 414.39mg (11.84%), Vitamin E: 1.49mg (9.95%), Calcium: 79.83mg (7.98%), Phosphorus: 72.37mg (7.24%), Copper: 0.14mg (6.75%), Vitamin B3: 1.12mg (5.59%), Iron: 0.78mg (4.36%), Zinc: 0.62mg (4.16%), Vitamin B2: 0.07mg (3.99%), Vitamin B5: 0.29mg (2.89%), Selenium: 0.93µg (1.33%)