



Okra and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 2 tablespoons flour all-purpose
- ☐ 16 ounce okra frozen thawed sliced
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 4 plum tomatoes seeded chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar

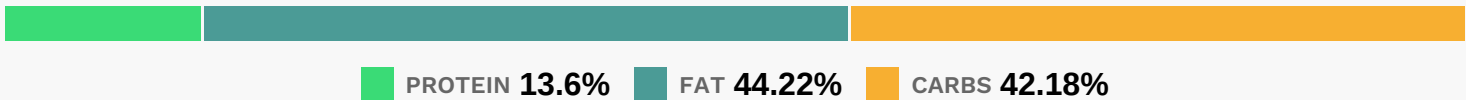
Equipment

☐ frying pan

Directions

- ☐ Cook bacon in a large skillet over medium heat until crisp; drain and crumble, reserving 2 tablespoons drippings in skillet. Set bacon aside.
- ☐ Dredge okra in flour.
- ☐ Saut onion in reserved drippings until tender.
- ☐ Add okra; cook, stirring occasionally, 5 minutes or until lightly browned. Stir in tomato and sugar; cook over low heat, stirring occasionally, 6 to 8 minutes. Stir in salt and pepper.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:68.52, Glycemic Load:6.45, Inflammation Score:-9, Nutrition Score:16.516521637854%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 31.75mg, Quercetin: 31.75mg, Quercetin: 31.75mg, Quercetin: 31.75mg

Nutrients (% of daily need)

Calories: 177.3kcal (8.86%), Fat: 9.16g (14.09%), Saturated Fat: 3g (18.73%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 14.48g (5.27%), Sugar: 6.91g (7.67%), Cholesterol: 14.52mg (4.84%), Sodium: 449.01mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.67%), Manganese: 1.07mg (53.67%), Vitamin C: 37.35mg (45.27%), Vitamin K: 40.96µg (39.01%), Vitamin A: 1338.65IU (26.77%), Vitamin B1: 0.36mg (23.83%), Folate: 91.37µg (22.84%), Fiber: 5.17g (20.7%), Vitamin B6: 0.4mg (19.97%), Magnesium: 79.11mg (19.78%), Potassium: 591.75mg (16.91%), Vitamin B3: 2.65mg (13.27%), Phosphorus: 131.05mg (13.11%), Calcium: 110.78mg (11.08%), Copper: 0.19mg (9.66%), Selenium: 6.7µg (9.57%), Vitamin B2: 0.13mg (7.48%), Zinc: 1.12mg (7.44%), Iron: 1.24mg (6.9%), Vitamin B5: 0.52mg (5.21%), Vitamin E: 0.75mg (4.99%), Vitamin B12: 0.11µg (1.83%)