



## Okra Chowchow



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



8

CALORIES



35 kcal

SIDE DISH

### Ingredients



0.5 pound okra fresh chopped



1 tablespoon olive oil



16 oz tomato relish

### Equipment

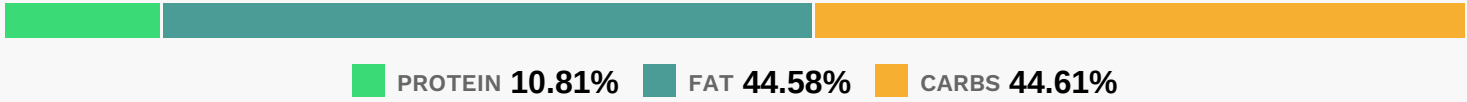


frying pan

### Directions

- ☐
- Saut okra in hot olive oil in a large skillet over medium-high heat 3 to 4 minutes or until crisp-tender.
- ☐
- Remove skillet from heat, and stir in tomato relish.
- ☐
- Note: We tested with Mrs. Renfro's Mild Tomato Relish.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:5.0999999992225%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 35.03kcal (1.75%), Fat: 1.92g (2.95%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 4.85mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Vitamin C: 14.29mg (17.32%), Manganese: 0.29mg (14.4%), Vitamin K: 14.41µg (13.72%), Vitamin A: 675.29IU (13.51%), Folate: 25.51µg (6.38%), Fiber: 1.59g (6.35%), Potassium: 219.16mg (6.26%), Magnesium: 22.4mg (5.6%), Vitamin B6: 0.11mg (5.32%), Vitamin B1: 0.08mg (5.18%), Vitamin E: 0.63mg (4.23%), Copper: 0.06mg (3.22%), Vitamin B3: 0.62mg (3.1%), Phosphorus: 30.9mg (3.09%), Calcium: 28.93mg (2.89%), Iron: 0.34mg (1.88%), Zinc: 0.26mg (1.74%), Vitamin B2: 0.03mg (1.63%), Vitamin B5: 0.12mg (1.2%)