



Okra, Corn and Tomatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon chopped
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 tablespoon filé powder
- ☐ 20 ounce regular corn frozen
- ☐ 10 ounce cut okra frozen
- ☐ 1 medium onion chopped
- ☐ 6 servings salt and pepper to taste

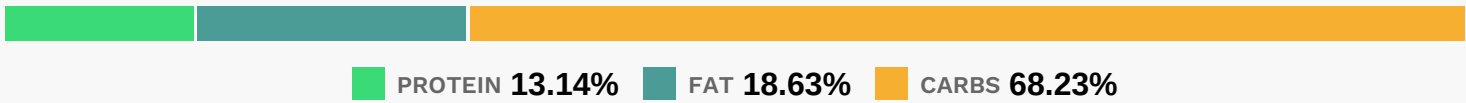
Equipment

☐ frying pan

Directions

- ☐ Place bacon in a large skillet over medium-high heat. Cook and stir to release some of the juices, then add the onion and okra. Fry until tender and browned, stirring constantly. Be careful, as this tends to brown quickly.
- ☐ Pour in the tomatoes, and simmer over medium heat for 20 minutes.
- ☐ Mix in the corn, and simmer for another 10 minutes. Season with file powder, salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:2.42, Inflammation Score:-7, Nutrition Score:13.346086899224%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.63mg, Quercetin: 13.63mg, Quercetin: 13.63mg, Quercetin: 13.63mg

Nutrients (% of daily need)

Calories: 168.04kcal (8.4%), Fat: 3.95g (6.07%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 26.76g (9.73%), Sugar: 4.49g (4.99%), Cholesterol: 4.84mg (1.61%), Sodium: 341.54mg (14.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Manganese: 0.67mg (33.6%), Vitamin C: 25.33mg (30.7%), Fiber: 5.77g (23.09%), Vitamin B6: 0.41mg (20.75%), Folate: 78.54µg (19.63%), Potassium: 661.17mg (18.89%), Magnesium: 73.59mg (18.4%), Vitamin B1: 0.27mg (18.13%), Vitamin K: 18.49µg (17.61%), Vitamin B3: 3.21mg (16.07%), Phosphorus: 148.84mg (14.88%), Copper: 0.24mg (11.77%), Iron: 1.9mg (10.54%), Vitamin A: 492.46IU (9.85%), Vitamin B2: 0.16mg (9.3%), Zinc: 1.24mg (8.26%), Calcium: 70.52mg (7.05%), Vitamin E: 1.02mg (6.79%), Vitamin B5: 0.65mg (6.46%), Selenium: 3.06µg (4.38%)