



WHATSheATE



Okra, Corn and Tomatoes



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 1 cup onion coarsely chopped (1 large)
- ☐ 2 cups canned tomatoes diced undrained (from 28-oz can)
- ☐ 30.5 oz corn whole drained canned
- ☐ 2.5 cups okra frozen (from 1-lb bag)
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon hot sauce hot

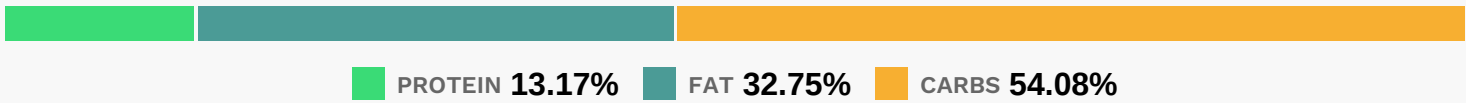
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In 12-inch skillet, cook bacon over low heat 8 to 10 minutes, turning occasionally, until crisp.
- ☐ Drain on paper towels. Crumble bacon; set aside. Reserve 1 tablespoon bacon drippings in skillet.
- ☐ Cook onion in bacon drippings over medium heat 2 to 3 minutes, stirring occasionally, until tender. Stir in remaining ingredients except bacon.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer 6 to 8 minutes, stirring occasionally, until okra is tender.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:2.08, Inflammation Score:-6, Nutrition Score:8.7904346494571%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg

Nutrients (% of daily need)

Calories: 163.86kcal (8.19%), Fat: 6.16g (9.48%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 20.39g (7.42%), Sugar: 3.98g (4.42%), Cholesterol: 7.26mg (2.42%), Sodium: 629.19mg (27.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Manganese: 0.45mg (22.31%), Vitamin C: 16.26mg (19.71%), Folate: 61.82µg (15.45%), Potassium: 448.6mg (12.82%), Vitamin K: 13.07µg (12.45%), Vitamin B3: 2.36mg (11.81%), Magnesium: 45.21mg (11.3%), Vitamin B1: 0.16mg (10.94%), Vitamin B6: 0.21mg (10.66%), Phosphorus: 104.79mg (10.48%), Fiber: 2.5g (9.99%), Copper: 0.19mg (9.57%), Iron: 1.31mg (7.3%), Vitamin A: 358.7IU (7.17%), Vitamin E: 0.89mg (5.95%), Zinc: 0.81mg (5.43%), Calcium: 53.78mg (5.38%), Vitamin B2: 0.08mg (4.77%), Selenium: 2.92µg (4.17%), Vitamin B5: 0.33mg (3.31%)