



Okra Creole



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon
- ☐ 14.5 ounce canned tomatoes chopped canned
- ☐ 1 cup corn kernels frozen
- ☐ 1 teaspoon creole seasoning
- ☐ 16 ounce okra frozen sliced
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup onion seasoning blend frozen
- ☐ 0.5 cup water

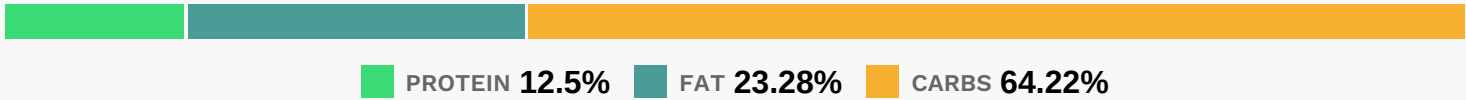
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven until crisp; remove bacon, and drain on paper towels, reserving drippings. Crumble bacon, and set aside.
- ☐ Cook okra and next 6 ingredients in hot drippings in Dutch oven over medium-high heat, stirring occasionally, 5 minutes. Reduce heat to low, cover, and simmer 15 minutes or until vegetables are tender. Top with crumbled bacon.
- ☐ Serve over rice, if desired.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:4.49, Inflammation Score:-10, Nutrition Score:47.44043488347%

Flavonoids

Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 325.23kcal (16.26%), Fat: 10.17g (15.65%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 63.14g (21.05%), Net Carbohydrates: 31.43g (11.43%), Sugar: 10.49g (11.66%), Cholesterol: 10.89mg (3.63%), Sodium: 353.31mg (15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.58%), Vitamin K: 409.26µg (389.77%), Manganese: 4.11mg (205.38%), Iron: 24.03mg (133.53%), Fiber: 31.71g (126.83%), Calcium: 1076.74mg (107.67%), Vitamin E: 12.65mg (84.33%), Magnesium: 253.47mg (63.37%), Folate: 237.3µg (59.32%), Vitamin B6: 1.09mg (54.36%), Vitamin C: 37.93mg (45.98%), Vitamin A: 2272.26IU (45.45%), Potassium: 1483.94mg (42.4%), Copper: 0.71mg (35.74%), Vitamin B1: 0.47mg (31.4%), Vitamin B3: 6.25mg (31.26%), Vitamin B2: 0.49mg (28.73%), Phosphorus: 233.88mg (23.39%), Zinc: 2.87mg (19.13%), Vitamin B5: 1.35mg (13.47%), Selenium: 7.68µg (10.98%), Vitamin B12: 0.08µg (1.38%)