



HEALTH SCORE

100%

Okra Gumbo Freezer Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- 4 bay leaves
- 15 ounce tomato sauce canned
- 4 rib celery chopped
- 2 garlic cloves minced
- 2 bell peppers green chopped
- 5 pounds okra fresh sliced
- 6 medium onions chopped
- 1 tablespoon pepper

1 tablespoon salt

Equipment

oven

aluminum foil

Directions

Combine all ingredients; spoon into 2 (13- x 9-inch) pans. Cover with foil.

Bake at 300 for 2 hours, stirring after 1 hour.

Let cool completely; spoon into 4 (1-pint) freezer containers, and freeze up to 4 months.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:13.44, Inflammation Score:-10, Nutrition Score:53.389130675274%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 153.74mg, Quercetin: 153.74mg, Quercetin: 153.74mg, Quercetin: 153.74mg

Nutrients (% of daily need)

Calories: 296.97kcal (14.85%), Fat: 1.73g (2.66%), Saturated Fat: 0.32g (2%), Carbohydrates: 67.62g (22.54%), Net Carbohydrates: 43.61g (15.86%), Sugar: 20.64g (22.93%), Cholesterol: 0mg (0%), Sodium: 2297.48mg (99.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Manganese: 5.1mg (254.86%), Vitamin C: 198.44mg (240.54%), Vitamin K: 188.28µg (179.32%), Folate: 387.9µg (96.98%), Fiber: 24.01g (96.03%), Vitamin A: 4762.44IU (95.25%), Magnesium: 364.8mg (91.2%), Vitamin B1: 1.27mg (84.94%), Vitamin B6: 1.68mg (84%), Potassium: 2385.51mg (68.16%), Calcium: 535.39mg (53.54%), Phosphorus: 439.34mg (43.93%), Copper: 0.87mg (43.52%), Vitamin B3: 7.23mg (36.17%), Iron: 5.32mg (29.53%), Vitamin B2: 0.48mg (27.99%), Zinc: 3.92mg (26.17%), Vitamin E: 3.33mg (22.23%), Vitamin B5: 2.01mg (20.12%), Selenium: 5.73µg (8.19%)