



Okra Pilau



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon
- ☐ 16 oz okra frozen thawed sliced
- ☐ 17 oz rice ready-to-serve cajun-style
- ☐ 2 cups onion sweet chopped

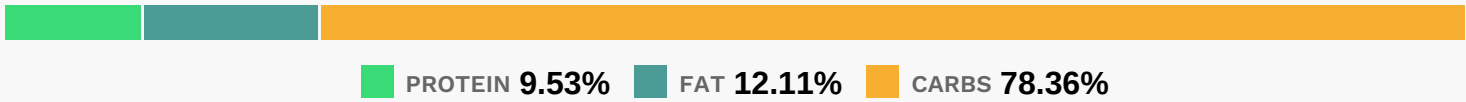
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large skillet over medium-high heat 5 to 7 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet. Crumble bacon.
- ☐ Saut onion and okra in hot drippings over medium-high heat 6 to 8 minutes or until tender.
- ☐ Prepare rice according to package directions. Stir rice and crumbled bacon into okra mixture in skillet.

Nutrition Facts



Properties

Glycemic Index:15.53, Glycemic Load:39.68, Inflammation Score:-7, Nutrition Score:14.983043555332%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 23.6mg, Quercetin: 23.6mg, Quercetin: 23.6mg, Quercetin: 23.6mg

Nutrients (% of daily need)

Calories: 381.07kcal (19.05%), Fat: 5.08g (7.82%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 74.02g (24.67%), Net Carbohydrates: 70.07g (25.48%), Sugar: 3.89g (4.33%), Cholesterol: 7.26mg (2.42%), Sodium: 86.39mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Manganese: 1.51mg (75.57%), Vitamin C: 19.95mg (24.18%), Vitamin K: 23.9µg (22.76%), Selenium: 15.14µg (21.62%), Vitamin B6: 0.39mg (19.64%), Magnesium: 69.29mg (17.32%), Vitamin B1: 0.26mg (17.31%), Phosphorus: 168.73mg (16.87%), Folate: 64.05µg (16.01%), Fiber: 3.94g (15.77%), Copper: 0.29mg (14.68%), Vitamin B3: 2.55mg (12.77%), Potassium: 403.66mg (11.53%), Vitamin B5: 1.11mg (11.13%), Vitamin A: 545.89IU (10.92%), Zinc: 1.51mg (10.09%), Calcium: 95.7mg (9.57%), Iron: 1.3mg (7.19%), Vitamin B2: 0.1mg (6.13%), Vitamin E: 0.35mg (2.34%)