



Okra Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 clove garlic finely chopped
- ☐ 12 okra pods with stems discarded
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion halved thinly sliced
- ☐ 1 stem oregano fresh chopped
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 2 stems thyme fresh chopped
- ☐ 1 tomatoes diced red

☐ 1 small zucchini trimmed

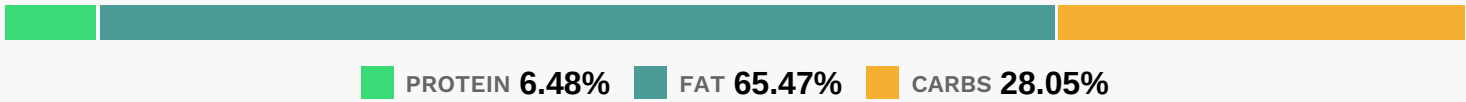
Equipment

☐ frying pan

Directions

- ☐ In a large skillet with deep sides, heat the olive oil over medium heat.
- ☐ First, add the garlic and onion and cook, stirring often, until the onions are softened, 3 to 5 minutes. Next, add the zucchini, okra, and tomatoes. Stir until coated with the olive oil and garlic and cook for 5 minutes.
- ☐ Stir in the herbs and season with salt and pepper. Lower the heat and cook until the okra are tender, 6 to 8 minutes more.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:14.730869521265%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 22.98mg, Quercetin: 22.98mg, Quercetin: 22.98mg, Quercetin: 22.98mg

Nutrients (% of daily need)

Calories: 187.44kcal (9.37%), Fat: 14.53g (22.36%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 9.37g (3.41%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 15.01mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Vitamin C: 40.22mg (48.75%), Manganese: 0.87mg (43.35%), Vitamin K: 41.8µg (39.81%), Vitamin A: 1203.21IU (24.06%), Folate: 74.93µg (18.73%), Fiber: 4.64g (18.55%), Vitamin B6: 0.37mg (18.49%), Vitamin E: 2.71mg (18.09%), Potassium: 586mg (16.74%), Magnesium: 65.42mg (16.36%), Vitamin B1: 0.21mg (14.26%), Calcium: 98.01mg (9.8%), Phosphorus: 95.5mg (9.55%), Copper: 0.17mg (8.71%), Iron: 1.38mg (7.65%), Vitamin B2: 0.13mg (7.59%), Vitamin B3: 1.45mg (7.23%), Zinc: 0.82mg (5.47%), Vitamin B5: 0.41mg (4.14%), Selenium: 1.04µg (1.48%)