



Okra Stewed with Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



44 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 pound okra pods
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.3 teaspoon salt divided
- ☐ 0.1 teaspoon sugar
- ☐ 1 cup tomatoes chopped

☐ 1.5 tablespoons vinegar white

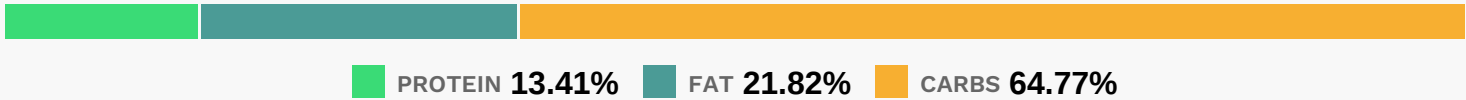
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine okra, vinegar, and 1/8 teaspoon salt in a bowl.
- ☐ Let stand 1 hour, stirring occasionally.
- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add onion, and saut for 7 minutes or until tender. Stir in 1/8 teaspoon salt, tomato, sugar, and pepper. Reduce heat, and simmer for 15 minutes.
- ☐ Add okra mixture, and cook for 40 minutes or until tender, stirring occasionally. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:35.14, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:8.8413045121276%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 18.09mg, Quercetin: 18.09mg, Quercetin: 18.09mg, Quercetin: 18.09mg

Nutrients (% of daily need)

Calories: 44.44kcal (2.22%), Fat: 1.19g (1.83%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 5.34g (1.94%), Sugar: 2.68g (2.98%), Cholesterol: 0mg (0%), Sodium: 79.91mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin K: 50.74µg (48.33%), Manganese: 0.52mg (25.78%), Vitamin C: 20.31mg (24.61%), Vitamin A: 719.83IU (14.4%), Folate: 45.37µg (11.34%), Fiber: 2.62g (10.47%), Magnesium: 38.39mg (9.6%), Vitamin B1: 0.14mg (9.05%), Vitamin B6: 0.17mg (8.73%), Potassium: 268.36mg (7.67%), Calcium: 58.22mg (5.82%), Phosphorus: 49.01mg (4.9%), Copper: 0.09mg (4.4%), Vitamin B3: 0.74mg (3.69%), Iron: 0.59mg (3.28%), Zinc: 0.43mg (2.88%), Vitamin B2: 0.05mg (2.8%), Vitamin E: 0.42mg (2.79%),

Vitamin B5: 0.2mg (2%)