



Okra-Tomato-Zucchini Medley



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



26 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon basil dried
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 1.5 cups okra fresh sliced
- ☐ 2 tablespoons onion chopped
- ☐ 1 Dash pepper black freshly ground
- ☐ 1 cup tomatoes chopped
- ☐ 1 small zucchini

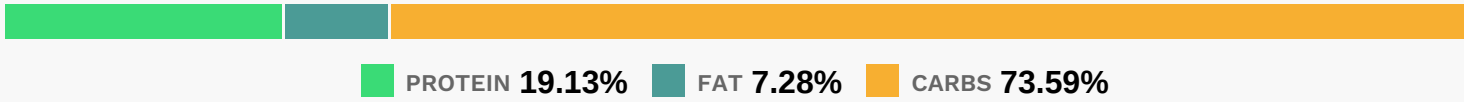
Equipment

frying pan

Directions

- Cut zucchini in half lengthwise; cut into 1/4-inch-thick slices.
- Heat a nonstick skillet coated with cooking spray over medium-high heat.
- Add zucchini, okra, and onion; saut 4 minutes. Stir in tomato and remaining ingredients. Cover and cook over low heat 5 minutes or until thoroughly heated, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:6.5891304586245%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 26.32kcal (1.32%), Fat: 0.25g (0.38%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.49g (2.76%), Cholesterol: 0mg (0%), Sodium: 7.09mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Vitamin C: 19.39mg (23.51%), Manganese: 0.41mg (20.27%), Vitamin K: 17.08µg (16.27%), Vitamin A: 639.45IU (12.79%), Folate: 36.3µg (9.08%), Vitamin B6: 0.17mg (8.26%), Fiber: 2.06g (8.23%), Potassium: 286.11mg (8.17%), Magnesium: 31.62mg (7.9%), Vitamin B1: 0.1mg (6.97%), Phosphorus: 44.66mg (4.47%), Calcium: 41.75mg (4.17%), Copper: 0.08mg (4.08%), Vitamin B3: 0.74mg (3.69%), Vitamin B2: 0.06mg (3.48%), Iron: 0.52mg (2.9%), Zinc: 0.39mg (2.59%), Vitamin E: 0.34mg (2.3%), Vitamin B5: 0.19mg (1.92%)