



## Roasted Okra Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

### Ingredients

- 1 pinch baking soda
- 0.5 teaspoon cumin seeds
- 0.5 teaspoon garam masala (the recipe I use is [here](#))
- 2 cloves garlic minced
- 1 teaspoon ginger minced
- 1 teaspoon kosher salt
- 1 pound okra
- 1 medium onion chopped

0.5 teaspoon pepper red to taste (or )

0.5 teaspoon turmeric

## Equipment

frying pan

baking sheet

oven

## Directions

Trim the stems of the okra if they're longer than a quarter inch.

Place okra on a baking sheet in a single layer.

Bake for 15–20 minutes, stirring halfway through. Okra should be beginning to brown in places but not burned. When the okra is almost finished cooking, heat a large non-stick skillet over medium-high heat.

Add the chopped onion and a pinch of baking soda, if you want to speed up the cooking. Cook until onion begins to soften and then add the ginger root, garlic, and cumin and cook for another minute.

Add turmeric and garam masala and cook for another minute, adding a tablespoon of water if the spices start to stick.

Add the roasted okra and salt, if you use it, stir well, and cook for another minute or two.

## Nutrition Facts



**PROTEIN 17.4%** **FAT 5.74%** **CARBS 76.86%**

## Properties

Glycemic Index:28.5, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:12.558695565099%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 29.39mg, Quercetin: 29.39mg, Quercetin: 29.39mg, Quercetin: 29.39mg

## Nutrients (% of daily need)

Calories: 54.58kcal (2.73%), Fat: 0.4g (0.62%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 7.76g (2.82%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 663.91mg (28.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Manganese: 0.99mg (49.45%), Vitamin C: 28.7mg (34.78%), Vitamin K: 35.94µg (34.23%), Folate: 73.56µg (18.39%), Vitamin A: 889.92IU (17.8%), Magnesium: 69.76mg (17.44%), Fiber: 4.35g (17.4%), Vitamin B1: 0.25mg (16.34%), Vitamin B6: 0.31mg (15.35%), Potassium: 403.08mg (11.52%), Calcium: 106.08mg (10.61%), Phosphorus: 82.28mg (8.23%), Copper: 0.15mg (7.33%), Vitamin B3: 1.23mg (6.17%), Iron: 1.11mg (6.15%), Zinc: 0.76mg (5.06%), Vitamin B2: 0.08mg (4.77%), Vitamin B5: 0.32mg (3.24%), Vitamin E: 0.43mg (2.84%), Selenium: 1.23µg (1.75%)