



Simple Stir-fried Okra

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon ground cumin
- 1 teaspoon mustard seeds
- 16 ounce okra fresh frozen thawed
- 0.3 teaspoon pepper dried red crushed
- 0.8 teaspoon salt
- 1 medium size onion sweet chopped
- 2 tablespoons vegetable oil

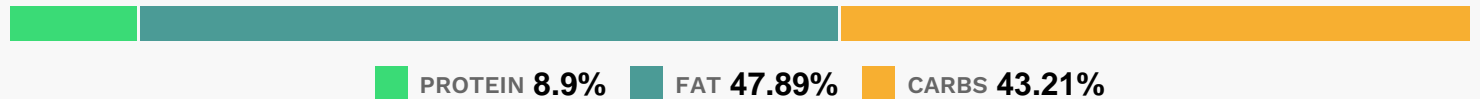
Equipment

frying pan

Directions

- Saut first 4 ingredients in hot oil in a large skillet over medium-high heat 5 minutes or until onion is tender.
- Add okra; saut 15 minutes or until okra is lightly browned. Stir in salt.
- *1/2 teaspoon dry mustard may be substituted for 1 teaspoon mustard seeds.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:9.4260869751806%

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: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 23.86mg, Quercetin: 23.86mg, Quercetin: 23.86mg, Quercetin: 23.86mg

Nutrients (% of daily need)

Calories: 86.08kcal (4.3%), Fat: 4.95g (7.62%), Saturated Fat: 0.73g (4.53%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.03g (2.56%), Sugar: 3.93g (4.37%), Cholesterol: 0mg (0%), Sodium: 302.1mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Manganese: 0.66mg (32.88%), Vitamin K: 32.29µg (30.75%), Vitamin C: 20.08mg (24.35%), Folate: 58.9µg (14.72%), Magnesium: 50.65mg (12.66%), Fiber: 3.02g (12.09%), Vitamin B1: 0.18mg (11.94%), Vitamin B6: 0.24mg (11.94%), Vitamin A: 568.82IU (11.38%), Potassium: 300.04mg (8.57%), Calcium: 76.36mg (7.64%), Phosphorus: 66.23mg (6.62%), Copper: 0.12mg (5.95%), Iron: 0.79mg (4.37%), Vitamin B3: 0.87mg (4.35%), Vitamin E: 0.65mg (4.32%), Zinc: 0.55mg (3.69%), Vitamin B2: 0.06mg (3.47%), Selenium: 1.87µg (2.67%), Vitamin B5: 0.24mg (2.44%)