
 4%
HEALTH SCORE

Southern Okra


 Vegetarian  Vegan  Dairy Free

READY IN




30 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

Ingredients

- 2 cups okra fresh sliced
- 2 tablespoons canola oil
- 1 medium onion chopped
- 1 medium bell pepper green chopped
- 3 medium tomatoes peeled chopped
- 1 tablespoon sugar
- 1 teaspoon flour all-purpose
- 0.5 teaspoon salt

- 0.5 teaspoon pepper
- 1 serving rice cooked
- 1 serving rice cooked
- 1 serving rice cooked

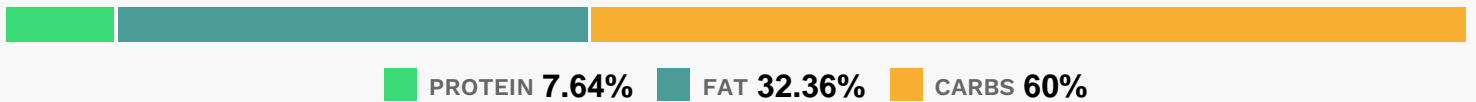
Equipment

- frying pan
- sauce pan

Directions

- Place the sliced okra in a small saucepan, and cover with water. Bring it to a boil over medium-high heat, and reduce the heat.
- Let it simmer, uncovered, for 7 to 10 minutes or until the okra is tender. Editor's Tip: Why boiled okra? If you're looking to lessen the sliminess, okra is better suited to short, high-heat cooking preparations, like grilling, frying and boiling. Boiling okra for a short amount of time here softens it, so it's only a quick stew with the tomatoes.
- Meanwhile, in a large skillet, heat the oil over medium-high heat.
- Add the onion and green pepper. Cook the mixture, stirring, until tender, four to seven minutes. Stir in the tomatoes, sugar, flour, salt and pepper. Bring everything to a boil, and cook, stirring, until the tomatoes are tender and juices slightly thickened, three to five minutes.
- Drain the boiled okra, and stir it into the tomato mixture. If desired, serve okra and tomatoes over rice.

Nutrition Facts



Properties

Glycemic Index:101.85, Glycemic Load:15.08, Inflammation Score:-7, Nutrition Score:9.2060868325441%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

Nutrients (% of daily need)

Calories: 135.3kcal (6.77%), Fat: 5.03g (7.74%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 18.33g (6.66%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 200.98mg (8.74%), Alcohol: 0g (100%), Protein: 2.67g (5.34%), Vitamin C: 33.39mg (40.48%), Manganese: 0.59mg (29.56%), Vitamin K: 20.43µg (19.46%), Vitamin A: 825.62IU (16.51%), Vitamin B6: 0.22mg (11.23%), Fiber: 2.66g (10.65%), Potassium: 323.37mg (9.24%), Folate: 36.51µg (9.13%), Vitamin E: 1.33mg (8.89%), Magnesium: 34.69mg (8.67%), Vitamin B1: 0.12mg (7.99%), Phosphorus: 61.99mg (6.2%), Copper: 0.12mg (6.15%), Vitamin B3: 0.99mg (4.97%), Selenium: 3.42µg (4.89%), Calcium: 44.56mg (4.46%), Zinc: 0.55mg (3.69%), Vitamin B5: 0.34mg (3.36%), Iron: 0.59mg (3.29%), Vitamin B2: 0.05mg (2.92%)