



Stewed Corn and Tomatoes with Okra



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



160 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups regular corn (from 5 to 6 ears)
- ☐ 1 large bell pepper green coarsely chopped
- ☐ 1 jalapeño fresh with seeds finely chopped
- ☐ 0.5 pound okra fresh trimmed
- ☐ 6 scallions chopped
- ☐ 1 pound tomatoes coarsely chopped
- ☐ 3 tablespoons butter unsalted

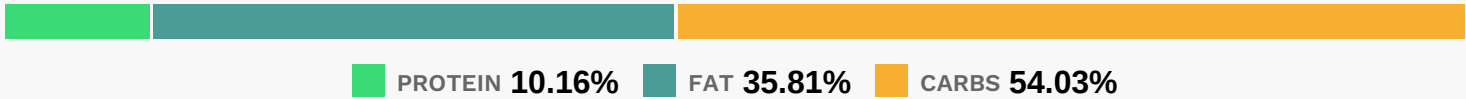
Equipment

☐ frying pan

Directions

- ☐ Cook scallions, jalapeño, bell pepper, and 1/2 teaspoon salt in butter in a 12-inch heavy skillet over medium heat, stirring occasionally, until scallions begin to brown, 7 to 9 minutes. Stir in tomatoes and cook, stirring occasionally, until broken down into a sauce, about 15 minutes.
- ☐ Add corn and okra and cook, stirring occasionally, until just tender, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:9.52, Inflammation Score:-8, Nutrition Score:14.276086950432%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg

Nutrients (% of daily need)

Calories: 160.17kcal (8.01%), Fat: 7.13g (10.97%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 19.41g (7.06%), Sugar: 7.08g (7.87%), Cholesterol: 15.05mg (5.02%), Sodium: 10.78mg (0.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.11%), Vitamin C: 50.29mg (60.95%), Vitamin K: 45.9µg (43.71%), Vitamin A: 1523.75IU (30.47%), Manganese: 0.57mg (28.39%), Fiber: 4.81g (19.23%), Vitamin B6: 0.33mg (16.37%), Folate: 62.98µg (15.75%), Potassium: 548.47mg (15.67%), Magnesium: 55.5mg (13.88%), Vitamin B1: 0.2mg (13.24%), Vitamin B3: 2.35mg (11.75%), Phosphorus: 112.68mg (11.27%), Vitamin B5: 0.82mg (8.21%), Copper: 0.15mg (7.69%), Vitamin E: 0.99mg (6.62%), Zinc: 0.92mg (6.11%), Vitamin B2: 0.1mg (6.01%), Iron: 1.06mg (5.9%), Calcium: 54.2mg (5.42%)