



Stewed Okra and Tomatoes

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

244 kcal

- SOUP
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 15 ounce tomato sauce canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 1 teaspoon chicken bouillon
- ☐ 0.3 teaspoon hot sauce
- ☐ 2 pounds okra sliced
- ☐ 0.3 teaspoon worcestershire sauce

☐ 1 cup onion yellow sliced

Equipment

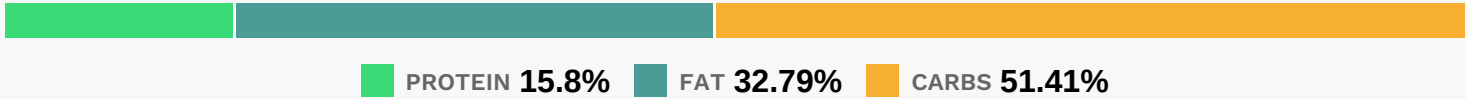
☐ frying pan

☐ sauce pan

Directions

- ☐ Render bacon in a large saucepan, cooking until crisp.
- ☐ Remove from pan and dice, reserving drippings in pan.
- ☐ Add onion to the skillet with bacon fat and saute over medium heat until tender.
- ☐ Add all remaining ingredients, except okra, and bring to a boil, stirring to avoid burning. Reduce heat and simmer 15 minutes, stirring occasionally.
- ☐ Add okra and let stew until the bright green color begins to fade.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:7.97, Inflammation Score:-10, Nutrition Score:33.965652421765%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 55.68mg, Quercetin: 55.68mg, Quercetin: 55.68mg, Quercetin: 55.68mg

Nutrients (% of daily need)

Calories: 243.74kcal (12.19%), Fat: 9.84g (15.14%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 23.03g (8.37%), Sugar: 13.56g (15.07%), Cholesterol: 14.52mg (4.84%), Sodium: 823.88mg (35.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Manganese: 2.21mg (110.67%), Vitamin C: 72.58mg (87.98%), Vitamin K: 80.59µg (76.75%), Fiber: 11.68g (46.72%), Vitamin A: 2325.13IU (46.5%), Magnesium: 174.06mg (43.52%), Vitamin B6: 0.86mg (42.98%), Vitamin B1: 0.64mg (42.59%), Folate: 167.21µg (41.8%), Potassium: 1417.39mg (40.5%), Copper: 0.6mg (29.82%), Vitamin B3: 5.56mg (27.81%), Calcium: 250.01mg

(25%), Phosphorus: 245.43mg (24.54%), Vitamin E: 3.58mg (23.87%), Iron: 4.05mg (22.52%), Vitamin B2: 0.29mg (17.1%), Zinc: 2.17mg (14.47%), Vitamin B5: 1.36mg (13.58%), Selenium: 7.52µg (10.74%), Vitamin B12: 0.11µg (1.83%)