



Stewed Okra with Tomatoes and Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



60 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bacon
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon cider vinegar
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 garlic clove minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoons hot sauce
- ☐ 1 pound okra fresh sliced

- ☐ 0.8 teaspoon salt
- ☐ 2 cups tomatoes chopped
- ☐ 1 cup vidalia sweet chopped
- ☐ 0.5 cup water

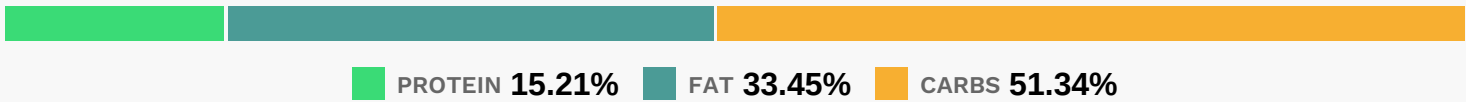
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook bacon slices in a Dutch oven over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon.
- ☐ Add 1 cup onion, green bell pepper, and garlic to drippings in pan, and saut for 5 minutes or until tender.
- ☐ Add okra, chopped tomato, 1/2 cup water, hot sauce, vinegar, salt, thyme, and black pepper; bring to a boil. Cover, reduce heat, and simmer for 20 minutes or until okra is tender.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:9.3952173823896%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg

Nutrients (% of daily need)

Calories: 59.71kcal (2.99%), Fat: 2.43g (3.73%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 5.55g (2.02%), Sugar: 3.28g (3.65%), Cholesterol: 3.63mg (1.21%), Sodium: 276.52mg (12.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin C: 34.6mg (41.94%), Manganese: 0.56mg (27.86%), Vitamin K: 23.42µg (22.31%), Vitamin A: 791.31IU (15.83%), Vitamin B6: 0.24mg (12.01%), Folate: 46.3µg (11.58%), Fiber: 2.82g (11.29%), Vitamin B1: 0.16mg (10.84%), Magnesium: 41.39mg (10.35%), Potassium: 329.99mg (9.43%), Phosphorus: 61.57mg (6.16%), Calcium: 59.43mg (5.94%), Copper: 0.12mg (5.78%), Vitamin B3: 1.13mg (5.67%), Iron: 0.69mg (3.84%), Zinc: 0.52mg (3.47%), Vitamin B2: 0.06mg (3.3%), Vitamin E: 0.46mg (3.05%), Vitamin B5: 0.25mg (2.45%), Selenium: 1.67µg (2.38%)