



Un-Slimy Okra

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



243 kcal

SIDE DISH

Ingredients

- 8 cherry tomatoes halved
- 2 servings garlic powder to taste
- 2 servings pepper black to taste
- 0.5 pound okra fresh cut into 1/2 inch slices
- 2 servings olive oil
- 0.5 cup panko bread crumbs

Equipment

- bowl

baking sheet

oven

Directions

Preheat an oven to 425 degrees F (220 degrees C).

Place the okra and tomatoes in a bowl.

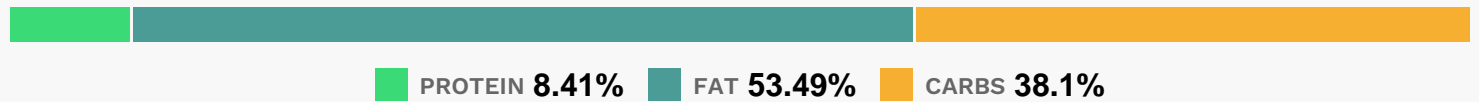
Pour in the olive oil and sprinkle with kosher salt, pepper, and garlic powder. Stir until the vegetables are coated with oil.

Add the panko bread crumbs and stir.

Spread the vegetables on to a lightly greased baking sheet.

Bake for 13 to 15 minutes until the tomatoes are soft and the okra is lightly browned.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:17.821739129398%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 24.26mg, Quercetin: 24.26mg, Quercetin: 24.26mg, Quercetin: 24.26mg

Nutrients (% of daily need)

Calories: 242.85kcal (12.14%), Fat: 15.11g (23.25%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 19.14g (6.96%), Sugar: 4.38g (4.86%), Cholesterol: 0mg (0%), Sodium: 127.32mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.69%), Manganese: 1.14mg (57.25%), Vitamin C: 41.62mg (50.45%), Vitamin K: 46.99µg (44.75%), Vitamin B1: 0.41mg (27.3%), Folate: 94.36µg (23.59%), Vitamin A: 1145IU (22.9%), Fiber: 5.07g (20.3%), Magnesium: 79.69mg (19.92%), Vitamin B6: 0.37mg (18.28%), Vitamin E: 2.74mg (18.24%), Potassium: 553.96mg (15.83%), Calcium: 130.87mg (13.09%), Vitamin B3: 2.52mg (12.58%), Phosphorus: 125.54mg (12.55%), Iron: 2.15mg (11.93%), Copper: 0.23mg (11.51%), Vitamin B2: 0.15mg (8.7%), Selenium: 5.64µg (8.05%), Zinc: 1.06mg (7.08%), Vitamin B5: 0.47mg (4.72%)