

Grammie's Okra

Mrs. V. L. Roy Sr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

2 pounds fresh young okra

2 tablespoons salad oil

1 large onion, chopped

1 clove garlic, chopped

salt (to taste)

pepper (to taste)

1 cup canned tomatoes

Wash the whole okra and dry thoroughly with paper towels. Slice into 1/8-inch rounds.

In a skillet, saute' the okra in oil over medium heat until the okra stops "stringing" (Do not use an iron skillet or the okra will darken). This usually takes about 20 to 30 minutes, sometimes longer. Stir very frequently, do not let the okra brown.

Add the onion and garlic. Saute' until they soften.

Add the salt, pepper and tomatoes and a little liquid from the tomatoes. Simmer for another 5 minutes.

Per Serving (excluding unknown items): 83 Calories; 7g Fat (71.6% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 90mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	83	Vitamin B6 (mg):	.1mg
% Calories from Fat:	71.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	24.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	10mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	90mg
Potassium (mg):	180mg
Calcium (mg):	25mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	11mg
Vitamin A (i.u.):	359IU
Vitamin A (r.e.):	36RE

% Daily Values*

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 83 Calories from Fat: 60

% Daily Values*

Total Fat 7g	11%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	4%
Protein 1g	

Vitamin A	7%
Vitamin C	18%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.