

# Okra



## About Okra

- Okra is frequently used in dishes from the Caribbean to China, and its popularity is increasing all the time.
- Most of the health benefits of okra are due to the minerals, vitamins, and organic compounds found in it.
- Okra is a good source of vitamin A and can help protect your eyes against macular degeneration and cataracts.

## Selecting and Storing

- Look for brightly colored pods that are no more than 4 inches long.
- Do not wash until ready to use. Store okra in the refrigerator for 2 to 3 days.

[www.scph.org](http://www.scph.org)

# Okra



## About Okra

- Okra is frequently used in dishes from the Caribbean to China, and its popularity is increasing all the time.
- Most of the health benefits of okra are due to the minerals, vitamins, and organic compounds found in it.
- Okra is a good source of vitamin A and can help protect your eyes against macular degeneration and cataracts.

## Selecting and Storing

- Look for brightly colored pods that are no more than 4 inches long.
- Do not wash until ready to use. Store okra in the refrigerator for 2 to 3 days.

[www.scph.org](http://www.scph.org)

# Spicy Okra

Makes: 10 servings (1/2 cup)

## Ingredients

2 10-ounce packages frozen, cut okra  
1 tablespoon olive oil  
1 medium onion, coarsely chopped  
1 (14.5 ounce) can of diced tomatoes  
1 fresh jalapeno pepper (or habanero chili), pierced 3 times with a fork  
1/2 teaspoon salt  
1/4 teaspoon black pepper

## Instructions

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch skillet over moderately high heat. Sauté onion for about 3 minutes. Add tomatoes (including juice) and chili, and boil.
3. Stir the mixture for 8 minutes. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
4. Stir in salt and pepper and discard the chili.

Source: <https://www.nlm.nih.gov/files/docs/public/heart/cooking.pdf>

## Nutrition Facts

servings per container  
**Serving size** (113g)

**Amount per serving**  
**Calories** **45**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 63mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 224mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[www.scph.org](http://www.scph.org)

Analyzed using EHSA Food Processor; version 11.4

# Spicy Okra

Makes: 10 servings (1/2 cup)

## Ingredients

2 10-ounce packages frozen, cut okra  
1 tablespoon olive oil  
1 medium onion, coarsely chopped  
1 (14.5 ounce) can of diced tomatoes  
1 fresh jalapeno pepper (or habanero chili), pierced 3 times with a fork  
1/2 teaspoon salt  
1/4 teaspoon black pepper

## Instructions

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch skillet over moderately high heat. Sauté onion for about 3 minutes. Add tomatoes (including juice) and chili, and boil.
3. Stir the mixture for 8 minutes. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
4. Stir in salt and pepper and discard the chili.

Source: <https://www.nlm.nih.gov/files/docs/public/heart/cooking.pdf>

## Nutrition Facts

servings per container  
**Serving size** (113g)

**Amount per serving**  
**Calories** **45**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 63mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 224mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[www.scph.org](http://www.scph.org)

Analyzed using EHSA Food Processor; version 11.4