

Oven-Roasted Okra

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Servings: 12

*2 tablespoons olive oil
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 pound whole fresh okra
2 tablespoons fresh basil, chopped*

Preparation Time: 12 minutes

Roast: 15 minutes

Preheat the oven to 400 degrees.

Line a 15x10x1-inch baking sheet with foil. Set aside.

In a large bowl, stir together the olive oil, garlic, salt and pepper. Add the okra. Toss to coat. Arrange the okra in a single layer on the prepared baking pan.

Roast, uncovered, for 15 minutes or until the okra is light brown, shaking the pan once.

Transfer to a serving platter. Top with basil.

Per Serving (excluding unknown items): 21 Calories; 2g Fat (96.3% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 89mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	21	Vitamin B6 (mg):	trace
% Calories from Fat:	96.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	3.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	89mg
Potassium (mg):	4mg
Calcium (mg):	2mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	17IU
Vitamin A (r.e.):	1 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	21	Calories from Fat: 20
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	89mg	4%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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