

Okra Soup

Jenny Kraft
Gourmet Eating in South Carolina - (1985)

Servings: 6

1 ham bone (with lots of meat)
2 quarts water
1 tablespoon salt
1 quart fresh okra, cut in slices
2 large cans tomatoes, mashed
1 onion, cut in small pieces
1 teaspoon sugar
salt (to taste)
pepper (to taste)
2 cups baby lima beans (optional)
1 cup whole kernel corn (optional)

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In a large, heavy pot or kettle, place the water, ham bone and salt. Bring to a boil and cook for about 20 minutes.

Add the okra, tomatoes, onion and sugar. Add the salt and pepper.

Add the baby lima beans and corn, if desired.

Simmer for at least one hour.

Per Serving (excluding unknown items): 18 Calories; trace Fat (7.1% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1080mg Sodium. Exchanges: 1/2 Vegetable; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	18
% Calories from Fat:	7.1%
% Calories from Carbohydrates:	81.9%
% Calories from Protein:	11.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 1g
 Sodium (mg): 1080mg
 Potassium (mg): 120mg
 Calcium (mg): 19mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 9mg
 Vitamin A (i.u.): 255IU
 Vitamin A (r.e.): 25 1/2RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 18 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1080mg	45%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	1g	

Vitamin A	5%
Vitamin C	15%
Calcium	2%
Iron	1%

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