

Turkish Okra In Olive Oil - Zeytinyağı Bamyası

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/bamya-recipe-turkish>

Ingredients:

- 1 1/8 pounds young okra
- 2 tomatoes large Turkish, finely chopped, or 1 400g tin of chopped tomatoes
- 1 onion large, halved and sliced into half moons
- 1 pepper red capsicum, deseeded and finely chopped
- 2 cloves garlic peeled and thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon sugar
- 1 teaspoon sweet paprika
- 1 pinch salt and black pepper

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 16 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 90 milligrams
8. Sugar: 5 grams

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