

Italian Okra & Beans

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-okra-recipe>

Ingredients:

- 4 cups okra fresh, stems cleaned
- 1 can diced tomatoes
- 2 tablespoons olive oil
- 1 teaspoon italian seasoning
- 2 teaspoons crushed garlic
- 1 lemon sliced
- salt
- pepper
- 1 can cannellini beans drained and rinsed

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 20 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 150 milligrams
8. Sugar: 2 grams

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