

Roasted Okra

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1/2 pound okra cleaned
- 2 teaspoons olive oil
- 1/4 teaspoon salt
- 1 dash ground black pepper

Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 4 grams
3. Fat: 2 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 150 milligrams
7. Sugar: 1 grams

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