NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Selection:

Choose okra pods that are brightly colored, dry, and firm. Also choose okra pods that are blemish free.

Storage:

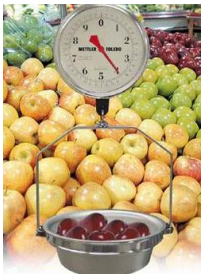
Store unwashed okra in a paper bag in the refrigerator for up to 3 days.

Refrigerator: Up to 3 days

Use:

Rinse okra thoroughly before preparing. The more okra is cut, the slimier it will become. Okra can be steamed, boiled, pickled, sautéed, or stir-fried.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of okra you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Okra

Use this table to find the total cost.
Example: What is the total cost for 1.5 lbs of Okra at $1.49 per lb? **1.5 lbs x $1.49 = $2.24**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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Nutrition:

7, 3-inch Okra Pods

Nutrition Facts	
Serving Size 7 (3 inch) pods (83g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 2g	
Vitamin A 6% •	Vitamin C 30%
Calcium 6% •	Iron 4%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 7, 3-inch okra pods. All okra pods are not the same size, but you can use this to estimate the nutrition content for smaller or larger okra pods.

Recipe:

Okra with Rice and Beans

Preparation Time: 30 minutes
Serves 2
Cups of Vegetables per Serving: 1½

Ingredients:

1 teaspoon sesame oil
½ cup chopped onions
2 cups chopped tomatoes
1 cup sliced okra
2 cloves garlic, chopped
½ cup vegetable low-sodium vegetable broth
2 cups brown rice, cooked
1 cup black beans, canned

Preparation:

1.) In a medium size saucepan, heat the sesame oil. Sauté the onions and tomatoes for 5 minutes.
2.) Add the okra, garlic, and broth and cook for 15 to 20 minutes.
3.) Serve hot over the rice and beans.

Nutrition Information per Serving:
Calories 410, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 450 mg, Carbohydrates 76 g, Dietary Fiber 14 g, Protein 15 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.