

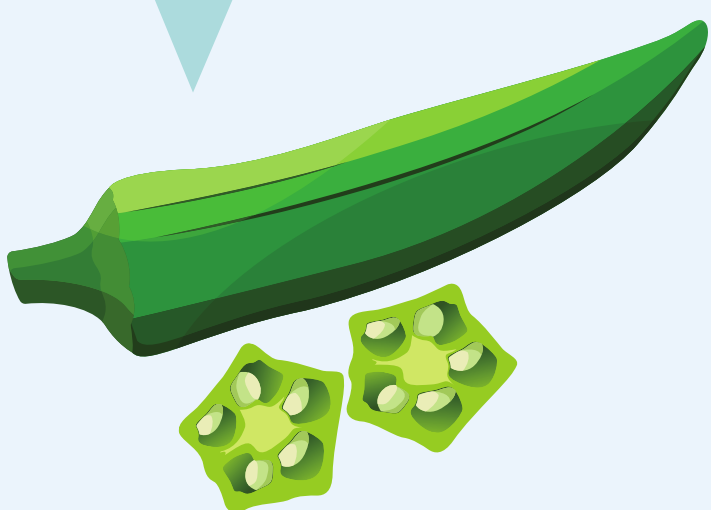
OKRA NUTRITION FACTS



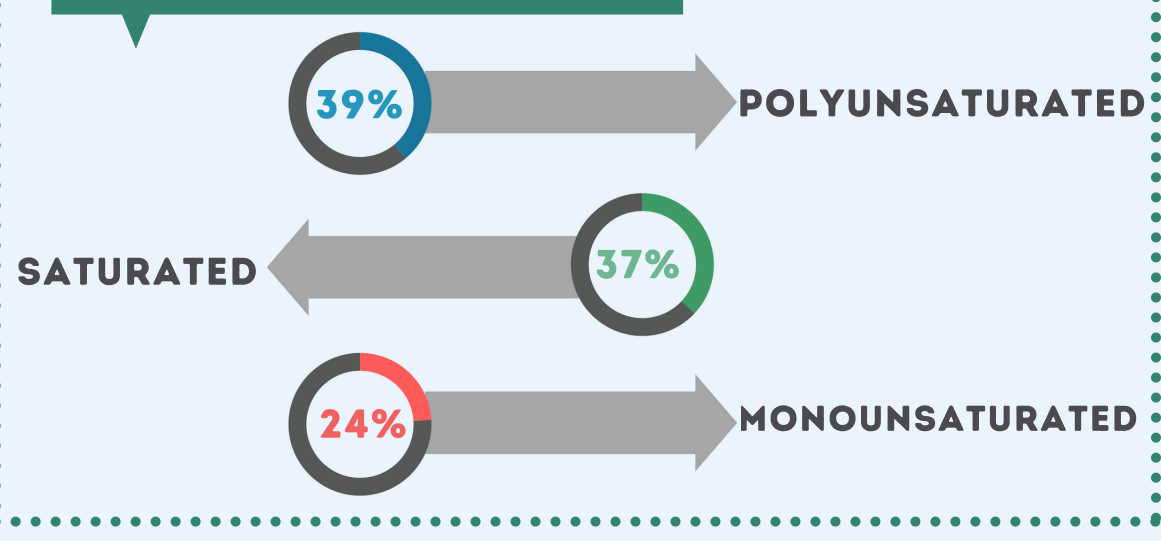
CALORIES 33/100GM

	AMOUNT
CARBOHYDRATE	7.45 G
FAT	0.19 G
PROTEIN	1.93 G
CHOLESTEROL	0.00
FIBER	3.2 G
RIBOFLAVIN	0.060 MG
SODIUM, NA	7 MG
THIAMIN	0.200 MG

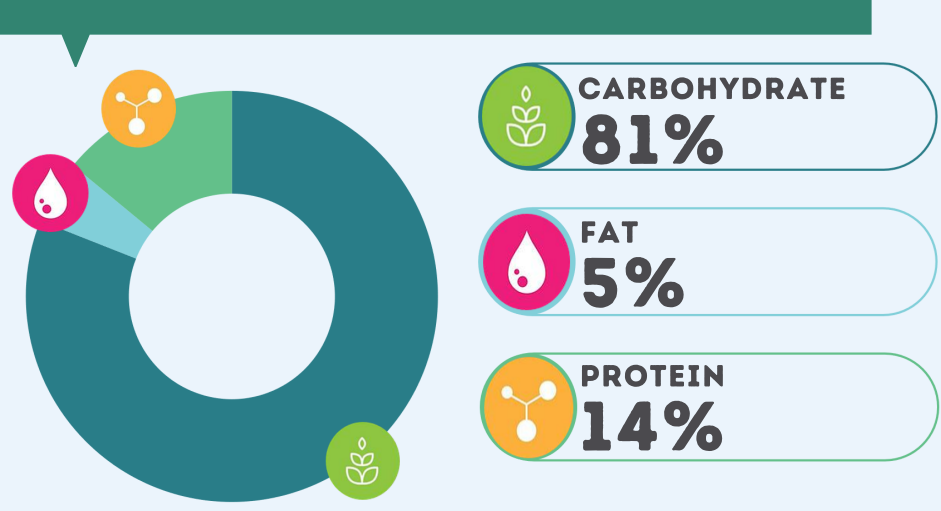
	AMOUNT
NIACIN	1.000 MG
VITAMIN A	36 MCG
VITAMIN B12	0.00
VITAMIN B6	0.215 MG
VITAMIN C	23 MG
VITAMIN D	0.00
FOLATE	60 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



OKRA OTHER NAMES

- ABELMOSCHUS ESCULENTUS
- OKRO
- LADIES FINGERS
- OCHRO
- BHINDI

MINERALS IN OKRA

82 MG	CALCIUM, CA	6 % (DV)
0.109 MG	COPPER, CU	12 % (DV)
0.62 MG	IRON, FE	3 % (DV)
57 MG	MAGNESIUM, MG	14 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
61 MG	PHOSPHORUS, P	9 % (DV)
299 MG	POTASSIUM, K	6 % (DV)
0.58 MG	ZINC, ZN	5 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.