

# Nutrition Facts

**Serving size** 1 cup sautéed okra & 1/2 cup rice

**Amount Per Serving**

**Calories**

**250**

**% Daily Value\***

<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4.6g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 131mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 534mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.