

Nutrition Facts

Serving Size
4.0 oz (113g)

Calories
per serving 80

Amount/serving

% DV

Total Fat 4g

5%

Saturated Fat .5g

3%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 280mg

12%

Amount/serving

% DV

Total Carb. 10g

4%

Fiber 4g

13%

Total Sugars 3g

Incl.0g Added Sugars

0%

Protein 2g

Vitamin D 0% · Calcium 8% · Iron 6% · Potassium 8%

Stewed Okra

Ingredients: okra, roasted tomatoes, water, yellow onion, olive oil, low sodium vegetable base, garlic, kosher salt, fresh oregano, thyme, black pepper