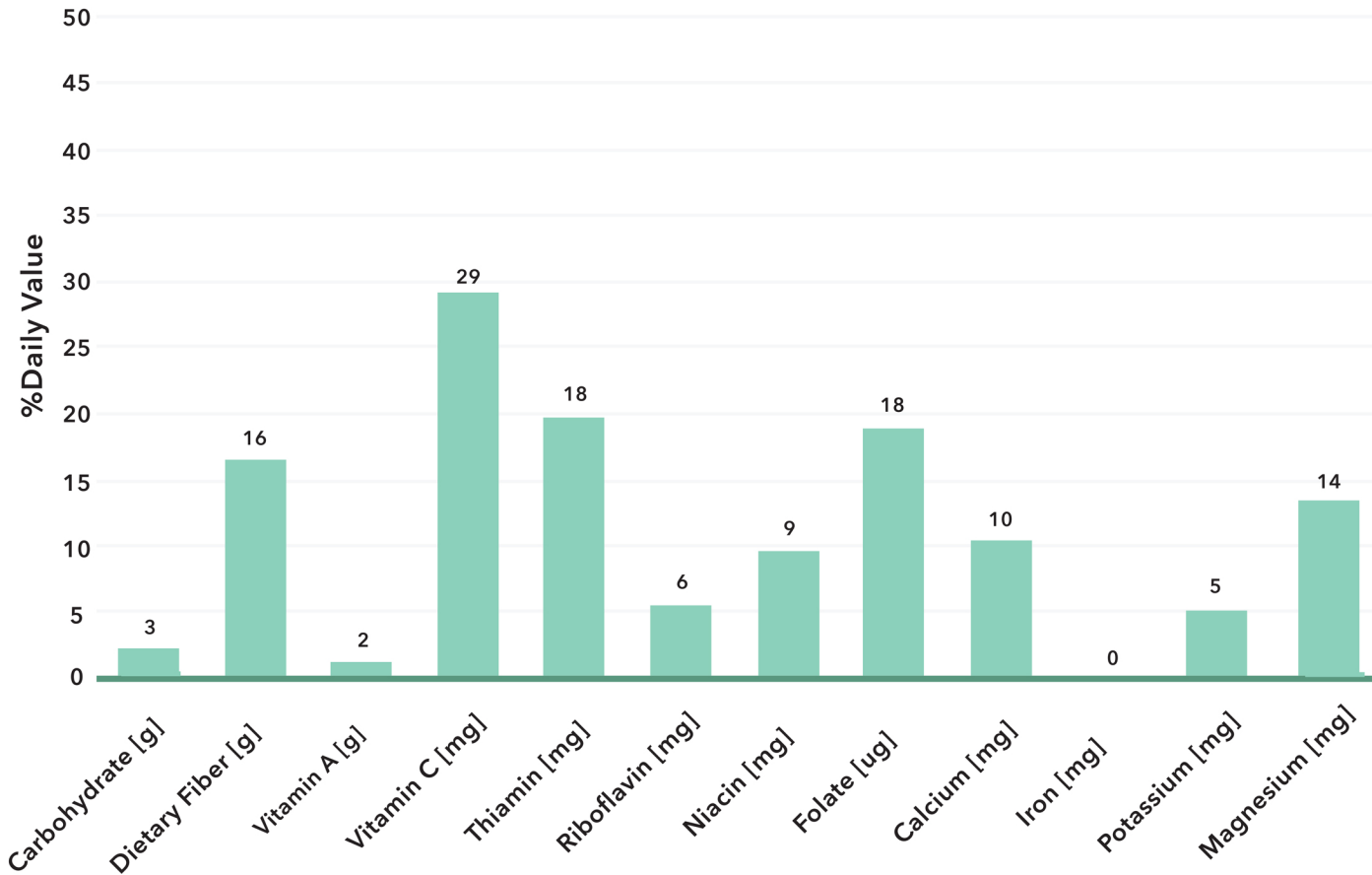


OKRA



OKRA

Abelmoschus esculentus



*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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SEASON

Peak availability
year-round
January through
December

DID YOU KNOW?

The mucilage (slimy) part of okra contains a lot of its beneficial dietary fiber.

Graph based upon Hawaii Foods database nutrient composition for 1 cup slices, cooked, drained (160 g)

