



Buttermilk Fried Okra

READY IN



30 min.

SERVINGS



30

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 1.5 cups self-rising cornmeal mix white
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound okra fresh cut into 1/2-inch-thick slices
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 30 servings vegetable oil

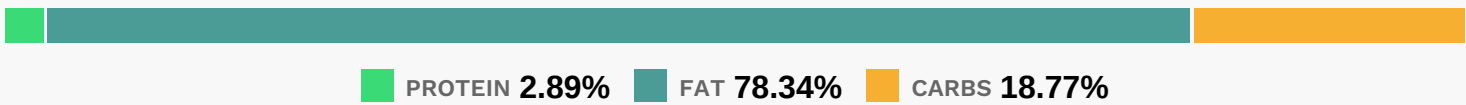
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Stir together okra and buttermilk in a large bowl. Stir together cornmeal mix and next 3 ingredients in a separate large bowl.
- ☐ Remove okra from buttermilk, in batches, using a slotted spoon. Dredge in cornmeal mixture, and place in a wire-mesh strainer. Shake off excess.
- ☐ Pour oil to depth of 1 inch into a large, deep cast-iron skillet or Dutch oven; heat to 37
- ☐ Fry okra, in batches, 4 minutes or until golden, turning once.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:4.5960869011672%

Flavonoids

Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 162.62kcal (8.13%), Fat: 14.47g (22.27%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.78g (2.47%), Sugar: 0.65g (0.72%), Cholesterol: 0.66mg (0.22%), Sodium: 197mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin K: 30.51µg (29.06%), Manganese: 0.16mg (8.19%), Vitamin E: 1.2mg (7.97%), Folate: 31.83µg (7.96%), Phosphorus: 69.71mg (6.97%), Vitamin B1: 0.09mg (6.25%), Calcium: 44.79mg (4.48%), Vitamin C: 3.49mg (4.23%), Fiber: 1.02g (4.1%), Magnesium: 13.84mg (3.46%), Vitamin B6: 0.07mg (3.39%), Vitamin B2: 0.06mg (3.32%), Vitamin B3: 0.6mg (3%), Vitamin A: 149.49IU (2.99%), Iron: 0.52mg (2.9%), Potassium: 71.26mg (2.04%), Zinc: 0.23mg (1.53%), Copper: 0.03mg (1.5%)