



Cajun Fried Okra

 Vegetarian

READY IN



20 min.

SERVINGS



10

CALORIES



550 kcal

SIDE DISH

Ingredients

- 0.3 cup pepper black
- 0.5 cup buttermilk
- 0.3 teaspoon cajun spice
- 1 tablespoon garlic chili pepper sauce
- 0.5 cup cornmeal
- 1 cup flour all-purpose
- 0.3 cup garlic powder
- 0.1 teaspoon ground pepper red

- 1 cup mayonnaise
- 6 cups oil for frying
- 2 pounds okra fresh sliced
- 1 cup salt
- 3 tablespoons thai chili sauce sweet

Equipment

- bowl
- frying pan
- paper towels
- dutch oven

Directions

- teaspoons House Seasoning, recipe follows
- Creamy Chili Sauce, recipe follows
- Heat oil in a large, heavy-bottomed skillet or Dutch oven to 350 degrees F. (You may not need to use this much oil; do not fill the pan more than halfway up the sides with oil.)
- In a medium bowl, combine cornmeal, flour, House Seasoning, and Cajun spice. Dip okra in buttermilk and then dredge in cornmeal-flour mixture to coat well. Carefully add okra to the hot oil and cook until golden brown. (It may be necessary to fry the okra in batches.)
- Remove from oil, drain on paper towels, and then serve immediately.
- Mix ingredients together and store in an airtight container for up to 6 months.
- In a small bowl, combine all ingredients, stirring well. Cover and chill.

Nutrition Facts

 PROTEIN 4.29%  FAT 71.76%  CARBS 23.95%

Properties

Glycemic Index:34.05, Glycemic Load:12.76, Inflammation Score:-8, Nutrition Score:20.67695640481%

Flavonoids

Quercetin: 19.02mg, Quercetin: 19.02mg, Quercetin: 19.02mg, Quercetin: 19.02mg

Nutrients (% of daily need)

Calories: 550.47kcal (27.52%), Fat: 45.07g (69.34%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 27.7g (10.07%), Sugar: 5.14g (5.71%), Cholesterol: 10.73mg (3.58%), Sodium: 11618.39mg (505.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin K: 93.93µg (89.46%), Manganese: 1.7mg (84.79%), Vitamin E: 5.85mg (39.01%), Vitamin C: 20.96mg (25.4%), Fiber: 6.14g (24.56%), Vitamin B1: 0.34mg (22.91%), Folate: 85.57µg (21.39%), Magnesium: 79.48mg (19.87%), Vitamin B6: 0.37mg (18.51%), Vitamin A: 751.29IU (15.03%), Potassium: 484.05mg (13.83%), Iron: 2.45mg (13.6%), Phosphorus: 135.69mg (13.57%), Copper: 0.26mg (13.14%), Calcium: 130.37mg (13.04%), Selenium: 8.05µg (11.5%), Vitamin B2: 0.17mg (9.9%), Vitamin B3: 1.97mg (9.87%), Zinc: 1.22mg (8.12%), Vitamin B5: 0.54mg (5.36%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.2µg (1.34%)