



Cajun Tempura Okra with Scallion Dipping Sauce

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



448 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons cajun spice
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 cup cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup honey
- ☐ 6 servings kosher salt for seasoning
- ☐ 2 pound okra stem removed fresh halved

- ☐ 6 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 teaspoon salt
- ☐ 1 cup scallions chopped
- ☐ 16 ounces soda water
- ☐ 16 ounces cup heavy whipping cream sour
- ☐ 1 tablespoon sugar

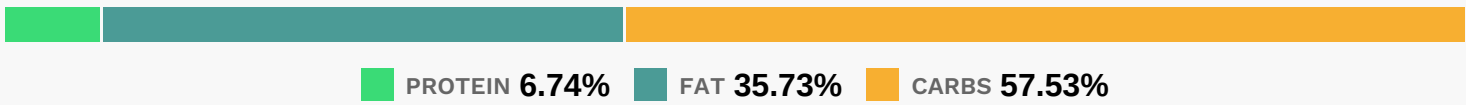
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Whisk tempura ingredients together and let chill.
- ☐ Heat peanut oil in deep-fryer or a large Dutch oven to 375 degree F.
- ☐ In a shallow pie plate, add flour and 1 tablespoon Cajun seasoning and mix well.
- ☐ Season okra with 2 tablespoons Cajun seasoning. Dip okra in seasoned flour and then in tempura batter and place in oil, 1 at a time and fry until golden, about 4 minutes.
- ☐ Remove to a paper towel lined sheet tray. Season with salt.
- ☐ Serve with Scallion Dipping Sauce.
- ☐ In a medium sized bowl, whisk together all ingredients.

Nutrition Facts



Properties

Glycemic Index:51.39, Glycemic Load:21.41, Inflammation Score:-10, Nutrition Score:26.572173802749%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 33.49mg, Quercetin: 33.49mg, Quercetin: 33.49mg, Quercetin: 33.49mg

Nutrients (% of daily need)

Calories: 448.35kcal (22.42%), Fat: 18.51g (28.48%), Saturated Fat: 8.27g (51.71%), Carbohydrates: 67.07g (22.36%), Net Carbohydrates: 59.7g (21.71%), Sugar: 19.25g (21.39%), Cholesterol: 44.6mg (14.87%), Sodium: 639.33mg (27.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.71%), Vitamin K: 86.12µg (82.02%), Manganese: 1.46mg (72.79%), Vitamin A: 3582.31IU (71.65%), Vitamin C: 38.95mg (47.21%), Folate: 146.4µg (36.6%), Vitamin B1: 0.5mg (33.52%), Fiber: 7.37g (29.47%), Magnesium: 110.09mg (27.52%), Vitamin B6: 0.46mg (23.09%), Calcium: 229.4mg (22.94%), Vitamin B2: 0.39mg (22.7%), Potassium: 711.04mg (20.32%), Phosphorus: 193.66mg (19.37%), Iron: 3.14mg (17.46%), Selenium: 11.99µg (17.13%), Vitamin B3: 3.3mg (16.49%), Vitamin E: 2.36mg (15.71%), Copper: 0.27mg (13.47%), Zinc: 1.62mg (10.79%), Vitamin B5: 0.83mg (8.26%), Vitamin B12: 0.16µg (2.65%)