



Crisp Okra in Yogurt Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

Ingredients

- ☐ 1 teaspoon brown mustard seeds divided
- ☐ 0.5 teaspoon cumin seeds
- ☐ 10 curry leaves fresh
- ☐ 1 small to 2 chilies slit fresh green such as serrano, thai, or jalapeño, stemmed and quartered
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 pound okra trimmed sliced into 1/8-inch-thick rounds
- ☐ 1 cup yogurt plain greek-style (not)
- ☐ 0.1 teaspoon pepper red hot
- ☐ 6 servings salt

- ☐ 1 cup coconut flakes dried unsweetened grated
- ☐ 7 tablespoons vegetable oil divided
- ☐ 0.5 cup water

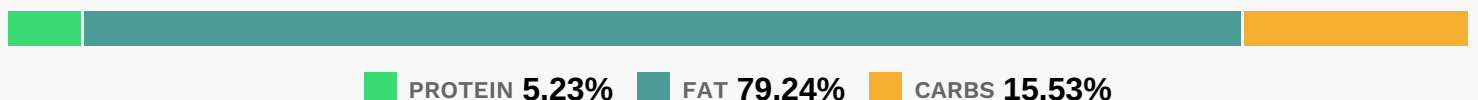
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Heat 6 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Fry okra, stirring occasionally, until well browned and crisp, about 15 minutes.
- ☐ Transfer to paper towels to drain and season with 1 teaspoon salt.
- ☐ Purée coconut, 1/2 teaspoon mustard seeds, cumin seeds, and chile in a blender or food processor with enough water (1/2 cup to 1 cup) to form a fine paste.
- ☐ Bring coconut paste and yogurt to a bare simmer in cleaned skillet, stirring, then remove from heat.
- ☐ Heat remaining 1 tablespoon oil in a small heavy skillet over medium-high heat until it shimmers, then cook remaining 1/2 teaspoon mustard seeds and red pepper flakes until mustard seeds begin to pop and/or turn gray.
- ☐ Add curry leaves (if using), covering skillet immediately as the leaves crackle for a few seconds. Stir spice mixture into coconut mixture in skillet, then stir in fried okra, then lemon juice. Season with salt.
- ☐ •Indian ingredients can be mail-ordered from Kalustyans.com.•Okra can be fried up to 3 hours ahead and kept on paper towels, uncovered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:21.095217560944%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 287.55kcal (14.38%), Fat: 26.54g (40.83%), Saturated Fat: 11.41g (71.28%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.34g (4.82%), Cholesterol: 5.31mg (1.77%), Sodium: 250.04mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Vitamin B3: 20.05mg (100.26%), Vitamin C: 52.37mg (63.48%), Folate: 245.55µg (61.39%), Vitamin K: 53.02µg (50.49%), Manganese: 0.99mg (49.74%), Fiber: 5.07g (20.26%), Magnesium: 62.09mg (15.52%), Vitamin A: 659.24IU (13.18%), Calcium: 124.49mg (12.45%), Vitamin B1: 0.17mg (11.58%), Phosphorus: 115.73mg (11.57%), Vitamin B6: 0.22mg (11.01%), Vitamin E: 1.61mg (10.75%), Potassium: 371.07mg (10.6%), Copper: 0.21mg (10.25%), Vitamin B2: 0.12mg (7.08%), Zinc: 0.98mg (6.53%), Iron: 1.09mg (6.07%), Selenium: 4.1µg (5.86%), Vitamin B5: 0.46mg (4.59%), Vitamin B12: 0.15µg (2.52%)