



Crispy Oven-Fried Okra



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup nonfat buttermilk
- ☐ 1.8 pounds okra fresh
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups cornmeal yellow

Equipment

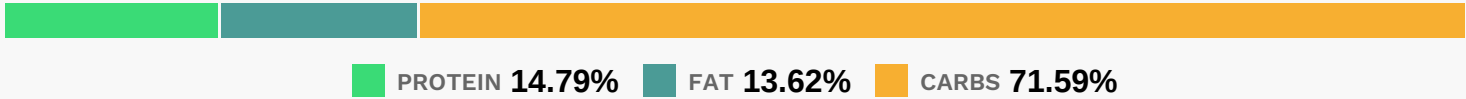
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 45
- ☐ Wash okra; trim ends, and cut into 1/2-inch pieces.
- ☐ Combine cornmeal, salt, and pepper in a medium bowl; stir well, and set aside.
- ☐ Combine buttermilk and egg in a large bowl; stir in okra.
- ☐ Let stand 10 minutes.
- ☐ Remove okra with a slotted spoon; discard remaining buttermilk mixture.
- ☐ Combine okra and cornmeal mixture, tossing to coat okra well.
- ☐ Place okra on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 40 minutes or until crisp, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:11.04, Glycemic Load:9.55, Inflammation Score:-6, Nutrition Score:9.2756521572237%

Flavonoids

Quercetin: 13.87mg, Quercetin: 13.87mg, Quercetin: 13.87mg, Quercetin: 13.87mg

Nutrients (% of daily need)

Calories: 107.91kcal (5.4%), Fat: 1.69g (2.6%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 16g (5.82%), Sugar: 1.8g (2%), Cholesterol: 15.7mg (5.23%), Sodium: 117.31mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Manganese: 0.65mg (32.64%), Vitamin K: 20.79µg (19.8%), Vitamin C: 15.33mg (18.58%), Fiber: 3.99g (15.96%), Magnesium: 59.51mg (14.88%), Vitamin B6: 0.27mg (13.33%), Vitamin B1: 0.19mg (12.91%), Folate: 48.41µg (12.1%), Vitamin A: 496.24IU (9.92%), Phosphorus: 93.35mg (9.34%), Potassium: 267.83mg (7.65%), Zinc: 1.05mg (7.03%), Copper: 0.12mg (6.18%), Iron: 1.08mg (6%), Calcium: 59.2mg (5.92%), Vitamin B3: 1.16mg (5.78%), Vitamin B2: 0.08mg (4.54%), Selenium: 2.94µg (4.19%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.3mg (1.97%)