



## Fried Okra

READY IN



25 min.

SERVINGS



8

CALORIES



250 kcal

SIDE DISH

### Ingredients

- 1 tsp calumet baking powder
- 0.8 cup cornmeal
- 1 Tbsp flour
- 0.3 tsp ground pepper red (cayenne)
- 8 servings oil
- 2 lb okra fresh trimmed
- 0.8 cup panko bread crumbs
- 2 Tbsp parmesan cheese grated kraft

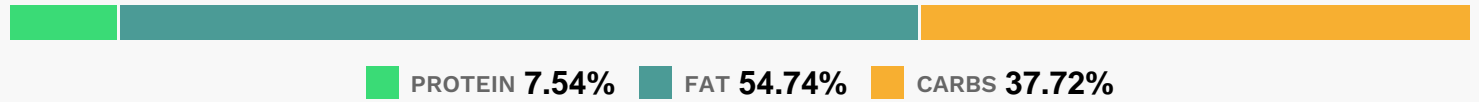
## Equipment

- frying pan
- paper towels
- slotted spoon

## Directions

- Cut okra into 1/4-inch-thick slices; place in shallow dish.
- Sprinkle lightly with water.
- Combine all remaining ingredients except oil in shallow dish.
- Add okra, in small batches; toss until evenly coated with crumb mixture.
- Heat 1-1/2 inches of oil to 375F in large deep skillet on medium heat.
- Add okra, in batches; cook 3 to 4 min. or until golden brown, turning after 2 min.
- Remove from oil with slotted spoon; drain on paper towels.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:37.44, Glycemic Load:8.71, Inflammation Score:-8, Nutrition Score:15.574347761986%

## Flavonoids

Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

## Nutrients (% of daily need)

Calories: 249.83kcal (12.49%), Fat: 15.76g (24.24%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 19.11g (6.95%), Sugar: 2.27g (2.52%), Cholesterol: 1.09mg (0.36%), Sodium: 137.87mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Manganese: 1.05mg (52.47%), Vitamin K: 45.95µg (43.76%), Vitamin C: 26.12mg (31.67%), Vitamin B1: 0.33mg (22.25%), Fiber: 5.32g (21.3%), Magnesium: 83.9mg (20.98%), Folate: 80.98µg (20.24%), Vitamin E: 2.84mg (18.93%), Vitamin B6: 0.34mg (17.07%), Vitamin A: 846.15IU (16.92%), Calcium: 152.17mg (15.22%), Phosphorus: 134.79mg (13.48%), Potassium: 402.64mg (11.5%), Vitamin B3: 1.94mg (9.68%), Copper: 0.18mg (8.81%), Iron: 1.54mg (8.57%), Zinc: 1.26mg (8.42%), Vitamin B2: 0.11mg

(6.71%), Selenium: 3.87 $\mu$ g (5.52%), Vitamin B5: 0.41mg (4.06%)