



Fried Okra Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head bibb lettuce
- ☐ 1.5 cups buttermilk
- ☐ 3 bacon crumbled cooked
- ☐ 1.5 cups self-rising cornmeal yellow
- ☐ 1 medium size bell pepper green chopped
- ☐ 6 servings lemon dressing
- ☐ 1 pound okra fresh
- ☐ 6 servings vegetable oil; peanut oil preferred

- ☐ 1 teaspoon salt
- ☐ 0.8 cup onion sweet thinly sliced
- ☐ 1 cup tomatoes chopped

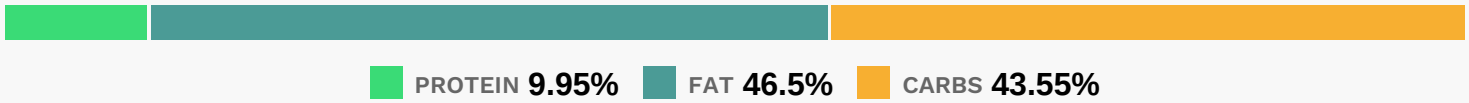
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Combine cornmeal and salt. Dip okra in buttermilk; dredge in cornmeal mixture.
- ☐ Pour peanut oil to a depth of 2 inches into a Dutch oven or deep cast-iron skillet; heat to 37
- ☐ Fry okra, in batches, 2 minutes or until golden, turning once.
- ☐ Drain on a wire rack over paper towels.
- ☐ Arrange lettuce leaves on a serving platter; top with tomato, onion slices, and bell pepper.
- ☐ Add Lemon Dressing, tossing to coat. Top with fried okra, and sprinkle with crumbled bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:19.65, Inflammation Score:-9, Nutrition Score:21.369565321052%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.3mg, Myricetin:

0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 20.16mg, Quercetin: 20.16mg, Quercetin: 20.16mg, Quercetin: 20.16mg

Nutrients (% of daily need)

Calories: 377.67kcal (18.88%), Fat: 20.05g (30.85%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 34.79g (12.65%), Sugar: 7.23g (8.03%), Cholesterol: 10.56mg (3.52%), Sodium: 529.6mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Vitamin K: 55.3µg (52.67%), Vitamin C: 42.41mg (51.41%), Manganese: 0.97mg (48.66%), Vitamin A: 1823.51IU (36.47%), Fiber: 7.47g (29.86%), Vitamin B6: 0.56mg (27.91%), Magnesium: 103.48mg (25.87%), Vitamin B1: 0.37mg (24.54%), Folate: 92.78µg (23.2%), Phosphorus: 227.48mg (22.75%), Vitamin E: 2.88mg (19.19%), Potassium: 646.76mg (18.48%), Calcium: 153.85mg (15.39%), Zinc: 2.18mg (14.51%), Vitamin B2: 0.23mg (13.37%), Vitamin B3: 2.59mg (12.93%), Iron: 2.29mg (12.7%), Copper: 0.24mg (12.2%), Selenium: 7.45µg (10.65%), Vitamin B5: 0.81mg (8.1%), Vitamin B12: 0.32µg (5.33%), Vitamin D: 0.8µg (5.31%)