



Fried Pickled Okra with Creamy Chipotle Sauce

 Vegetarian

READY IN



24 min.

SERVINGS



6

CALORIES



515 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 chipotle in adobo sauce
- 1 cup beer
- 0.5 teaspoon peppercorns black crushed
- 0.5 cup self-rising cornmeal white
- 8 ounce cream cheese softened
- 3 tablespoons green onion chopped for garnish
- 2 juice of lime juiced

- 2 tablespoons mayonnaise
- 16 ounce pickled okra drained
- 6 servings vegetable oil; peanut oil preferred for frying
- 0.5 teaspoon salt
- 0.8 teaspoon salt
- 3 cups self-rising flour

Equipment

- food processor
- frying pan
- paper towels
- whisk

Directions

- Heat the oil to 350 degrees F in a deep skillet or fryer.
- Combine the Fry
- Mix with the beer.
- Add the okra, coating it in the batter. Fry the okra, about 4 pieces at a time, turning the pieces frequently, until golden brown, about 2 minutes.
- Transfer the okra to a paper towel-lined plate to drain.
- Serve immediately with the Creamy Chipotle Sauce.
- Whisk together the flour, cornmeal, salt, and pepper. Store in an airtight container in the pantry until needed.
- Blend the cream cheese, mayonnaise, chipotle, lime juice, and salt in a food processor until smooth. Cover and refrigerate until needed.
- Garnish with green onions.

Nutrition Facts



PROTEIN 10.3% **FAT 37.47%** **CARBS 52.23%**

Properties

Glycemic Index:46.75, Glycemic Load:31.63, Inflammation Score:-8, Nutrition Score:17.580869671929%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.23mg, Quercetin: 16.23mg, Quercetin: 16.23mg, Quercetin: 16.23mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 515.05kcal (25.75%), Fat: 21.17g (32.56%), Saturated Fat: 8.95g (55.92%), Carbohydrates: 66.41g (22.14%), Net Carbohydrates: 60.65g (22.05%), Sugar: 3.36g (3.74%), Cholesterol: 40.14mg (13.38%), Sodium: 642.22mg (27.92%), Alcohol: 1.53g (100%), Alcohol %: 0.74% (100%), Protein: 13.09g (26.18%), Manganese: 1.24mg (61.93%), Selenium: 28.98µg (41.4%), Vitamin K: 39.19µg (37.33%), Vitamin C: 20.95mg (25.4%), Fiber: 5.76g (23.03%), Vitamin A: 1090.26IU (21.81%), Magnesium: 83.13mg (20.78%), Folate: 79.2µg (19.8%), Phosphorus: 193.86mg (19.39%), Vitamin B1: 0.26mg (17.2%), Vitamin B6: 0.31mg (15.46%), Potassium: 433.64mg (12.39%), Copper: 0.25mg (12.26%), Vitamin B2: 0.2mg (11.95%), Calcium: 116.92mg (11.69%), Zinc: 1.62mg (10.83%), Vitamin B5: 1.05mg (10.48%), Vitamin B3: 2.02mg (10.11%), Vitamin E: 1.46mg (9.75%), Iron: 1.75mg (9.7%), Vitamin B12: 0.1µg (1.61%)