



## Garden Salad with Fried Okra Croutons

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 cups baby spinach
- 0.3 cup balsamic vinegar
- 4 servings buttermilk
- 4 servings cherry tomatoes halved
- 1 teaspoon dijon mustard
- 4 servings flour
- 2 cloves garlic minced
- 2 cups iceberg lettuce shredded

- 0.5 juice of lemon
- 1 teaspoon lemon zest
- 3 cups okra cut into 1/2-inch pieces
- 0.8 cup olive oil extra-virgin
- 4 servings bell pepper red sliced
- 4 servings salt and pepper
- 4 servings vegetable oil for frying
- 4 servings vidalia onion thinly sliced
- 4 servings bell pepper yellow sliced

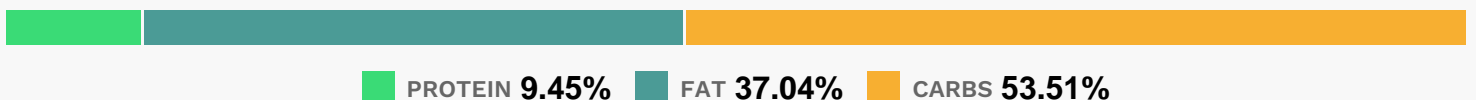
## Equipment

- bowl
- whisk

## Directions

- For the balsamic dressing: In a small bowl, combine the balsamic vinegar, mustard, zest, garlic and lemon juice.
- Whisk in the olive oil until emulsified. Season with salt and pepper.
- Add okra pieces to a medium bowl.
- Drizzle just enough buttermilk to coat the okra and toss together. Season with salt and pepper. To a separate bowl, add flour.
- Drain the okra and add to the flour bowl, toss the okra to coat each piece with flour. Shake off any excess flour. Fry at 350 degrees F until golden brown, for 2 to 3 minutes.
- Remove to paper-towel lined plate to drain.
- For the salad: In a large bowl, combine the baby spinach, iceberg lettuce, tomatoes, bell peppers and onions. Toss with the balsamic dressing and top with the fried okra croutons.

## Nutrition Facts



## Properties

Glycemic Index:86.5, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:31.442608622753%

## Flavonoids

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg Quercetin: 39.88mg, Quercetin: 39.88mg, Quercetin: 39.88mg, Quercetin: 39.88mg

## Nutrients (% of daily need)

Calories: 270.96kcal (13.55%), Fat: 11.85g (18.24%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 30.91g (11.24%), Sugar: 18.76g (20.84%), Cholesterol: 0.11mg (0.04%), Sodium: 270.64mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.61%), Vitamin C: 165.19mg (200.23%), Vitamin K: 159.16µg (151.58%), Vitamin A: 5890.49IU (117.81%), Manganese: 1.29mg (64.68%), Folate: 201.62µg (50.41%), Vitamin B6: 0.77mg (38.69%), Potassium: 1098.53mg (31.39%), Fiber: 7.62g (30.48%), Vitamin E: 4.17mg (27.82%), Vitamin B1: 0.4mg (26.85%), Magnesium: 103.69mg (25.92%), Iron: 3.5mg (19.45%), Phosphorus: 180.97mg (18.1%), Copper: 0.35mg (17.47%), Vitamin B3: 3.15mg (15.73%), Vitamin B2: 0.26mg (15.56%), Calcium: 152.64mg (15.26%), Zinc: 1.29mg (8.63%), Vitamin B5: 0.86mg (8.61%), Selenium: 5.57µg (7.96%)