



Indian Spice-Stuffed Okra



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons amchur powder dried (mango powder)
- ☐ 0.5 teaspoon cayenne
- ☐ 1 tablespoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 tsp kosher salt
- ☐ 0.8 pound tender okra
- ☐ 1 medium onion cut into thin rings
- ☐ 0.5 teaspoon turmeric

☐ 3 tablespoons vegetable oil divided

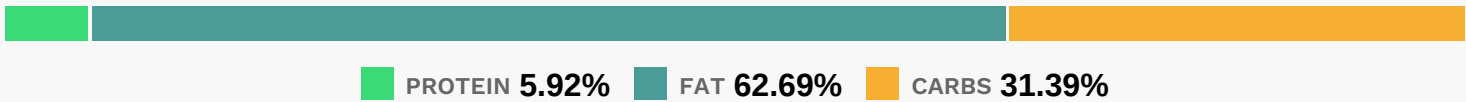
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook onion in 2 tbsp. oil in a large frying pan over medium heat, stirring, until deep golden brown, about 15 minutes; transfer to a bowl as cooked and season with salt.
- ☐ Trim okra stems without piercing pods (leave a bit of stem on).
- ☐ Mix 1/2 tsp. salt and the spices (but not lemon juice, if using) in a bowl. Slit each okra pod lengthwise from just below stem to 1/2 in. from tip. Poke a finger into slit to hold it open and stuff with some spices.
- ☐ Add okra and remaining oil to pan. Cook over medium heat until lightly browned, 5 minutes, tipping pan occasionally.
- ☐ Add 1/2 cup water and lemon juice, if using; quickly cover and simmer until okra is tender-crisp, 5 minutes. Toss gently with onion.
- ☐ *Buy in Indian markets or at worldspice.com.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:11.329565239989%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 23.42mg, Quercetin: 23.42mg, Quercetin: 23.42mg, Quercetin: 23.42mg

Nutrients (% of daily need)

Calories: 146.39kcal (7.32%), Fat: 10.95g (16.85%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 8.4g (3.05%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 300.03mg (13.04%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin K: 45.78µg (43.6%), Manganese: 0.79mg (39.4%), Vitamin C: 22.19mg (26.9%), Fiber: 3.94g (15.75%), Magnesium: 59.88mg (14.97%), Vitamin A: 726.22IU (14.52%), Folate: 56.72µg (14.18%), Vitamin B1: 0.19mg (12.88%), Vitamin B6: 0.23mg (11.54%), Potassium: 339.57mg (9.7%), Calcium: 95.24mg (9.52%), Iron: 1.58mg (8.78%), Vitamin E: 1.19mg (7.9%), Phosphorus: 71.36mg (7.14%), Copper: 0.13mg (6.35%), Vitamin B3: 0.99mg (4.95%), Zinc: 0.66mg (4.43%), Vitamin B2: 0.07mg (4.01%), Vitamin B5: 0.24mg (2.42%), Selenium: 1.15µg (1.64%)