



Kaye's Okra Fry Bread

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



171 kcal

Ingredients

- ☐ 1 tablespoon ghee as needed plus more
- ☐ 1 cup cornmeal
- ☐ 16 ounce okra whole sliced into 1/2-inch rounds
- ☐ 2 teaspoons salt
- ☐ 1 cup self-rising flour
- ☐ 0.5 cup vidalia onions chopped
- ☐ 2.5 cups water

Equipment

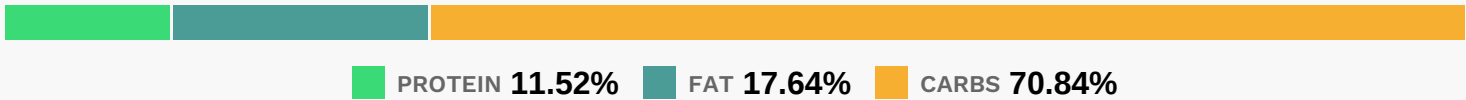
- ☐ bowl

- ☐ frying pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together cornmeal, flour and salt.
- ☐ Whisk in water to make a thin batter. Stir in okra and onions.
- ☐ Over medium heat, add clarified butter to a cast iron skillet. Use a small ladle to pour batter onto skillet. Pan should be hot enough to make batter sizzle. Cook until underside is browned, about 3 to 4 minutes, then flip and brown on the other side. Repeat with additional batter, adding more butter as necessary.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:16.76, Inflammation Score:-6, Nutrition Score:9.4021738612134%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg

Nutrients (% of daily need)

Calories: 171.06kcal (8.55%), Fat: 3.41g (5.24%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 26.65g (9.69%), Sugar: 1.7g (1.89%), Cholesterol: 4.8mg (1.6%), Sodium: 590.98mg (25.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Manganese: 0.71mg (35.35%), Vitamin K: 17.86µg (17.01%), Fiber: 4.15g (16.59%), Vitamin C: 13.52mg (16.39%), Magnesium: 59.15mg (14.79%), Vitamin B6: 0.26mg (12.9%), Vitamin B1: 0.19mg (12.64%), Folate: 48.23µg (12.06%), Selenium: 7.84µg (11.21%), Phosphorus: 97.16mg (9.72%), Vitamin A: 406.38IU (8.13%), Copper: 0.16mg (7.81%), Potassium: 261.17mg (7.46%), Zinc: 1.1mg (7.33%), Iron: 1.12mg (6.21%), Vitamin B3: 1.23mg (6.14%), Calcium: 54.61mg (5.46%), Vitamin B2: 0.06mg (3.76%), Vitamin B5: 0.34mg (3.35%), Vitamin E: 0.29mg (1.94%)