



Nutty Okra



Vegetarian



Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 1 cup baking mix all-purpose
- ☐ 0.5 cup dry-roasted peanuts salted finely chopped
- ☐ 1 egg white lightly beaten
- ☐ 1 pound okra fresh cut into 1/2-inch pieces*
- ☐ 4 servings vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

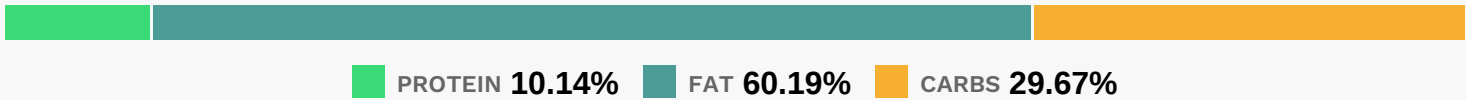
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Toss okra with salt, and let stand 20 minutes.
- ☐ Add egg white, stirring to coat. Stir together baking mix and next 2 ingredients in a large bowl.
- ☐ Add okra, tossing to coat; gently press peanut mixture onto okra, shaking off excess.
- ☐ Pour oil to a depth of 2 inches into a Dutch oven or cast-iron skillet; heat to 37
- ☐ Fry okra, in batches, 2 to 4 minutes or until golden; drain on paper towels.
- ☐ *1 (16-oz.) package frozen cut okra, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:19.984782861627%

Flavonoids

Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 399.78kcal (19.99%), Fat: 27.81g (42.78%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 24.89g (9.05%), Sugar: 5.23g (5.81%), Cholesterol: 0.6mg (0.2%), Sodium: 1063.63mg (46.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.09%), Manganese: 1.46mg (72.98%), Vitamin K: 37.95µg (36.14%), Folate: 128.88µg (32.22%), Vitamin C: 26.17mg (31.72%), Phosphorus: 316.82mg (31.68%), Vitamin B1: 0.46mg (30.51%), Vitamin B3: 5.23mg (26.16%), Magnesium: 104.06mg (26.02%), Fiber: 5.95g (23.78%), Vitamin E: 2.55mg (16.97%), Calcium: 166.93mg (16.69%), Vitamin A: 814.5IU (16.29%), Vitamin B6: 0.31mg (15.72%), Potassium: 545.25mg (15.58%), Copper: 0.3mg (14.8%), Vitamin B2: 0.25mg (14.59%), Iron: 1.99mg (11.05%), Selenium: 5.93µg (8.47%), Vitamin B5: 0.81mg (8.15%), Zinc: 1.21mg (8.07%), Vitamin B12: 0.12µg (2.06%)