

Okra Croquettes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 1.5 cups rice cooked
- 1 cup cornmeal
- 2 eggs beaten
- 1 cup flour all-purpose
- 0.8 pound okra cleaned sliced
- 0.8 cup onion chopped
- 0.8 teaspoon pepper

- 1.5 teaspoons salt
- 1 tablespoon sugar
- 1 cup tomatoes chopped
- 36 servings vegetable oil

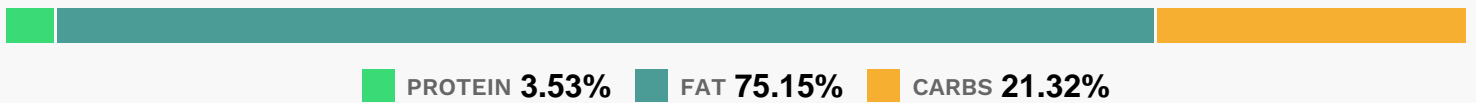
Equipment

- paper towels

Directions

- Chop okra slices.
- Combine chopped okra, rice, tomato, onion, sugar, salt, baking powder, and pepper. Stir in beaten eggs.
- Add cornmeal and flour, mixing well.
- Drop mixture by tablespoonfuls into deep hot oil (375). Cook 1 minute or until golden brown, turning as necessary.
- Drain on paper towels.
- Serve hot.
- Serving Suggestions: Okra Croquettes may be served with Dill Sauce, Horseradish Sauce, Mustard Dip Sauce, or any sour cream sauce.

Nutrition Facts



Properties

Glycemic Index:15.1, Glycemic Load:6.34, Inflammation Score:-2, Nutrition Score:4.051739183457%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 172.06kcal (8.6%), Fat: 14.58g (22.43%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.35g (3.04%), Sugar: 0.81g (0.9%), Cholesterol: 9.09mg (3.03%), Sodium: 113.47mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin K: 29.14µg (27.75%), Manganese: 0.17mg (8.64%), Vitamin E: 1.24mg (8.27%), Vitamin B1: 0.06mg (4.32%), Folate: 16.13µg (4.03%), Selenium: 2.77µg (3.96%), Fiber: 0.95g (3.82%), Vitamin C: 2.99mg (3.62%), Vitamin B6: 0.07mg (3.28%), Magnesium: 12.85mg (3.21%), Phosphorus: 31.58mg (3.16%), Iron: 0.45mg (2.48%), Vitamin B2: 0.04mg (2.4%), Vitamin B3: 0.47mg (2.33%), Vitamin A: 115.63IU (2.31%), Zinc: 0.29mg (1.96%), Potassium: 67.15mg (1.92%), Calcium: 18.52mg (1.85%), Copper: 0.04mg (1.83%), Vitamin B5: 0.14mg (1.36%)