

Okra Fritters



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggs lightly beaten
- ☐ 6 packets grits instant
- ☐ 0.5 cup oil for frying or as needed
- ☐ 2 pounds okra fresh sliced in 1/8 inch pieces
- ☐ 1 onion diced
- ☐ 6 servings salt and pepper black to taste
- ☐ 1 large tomatoes diced

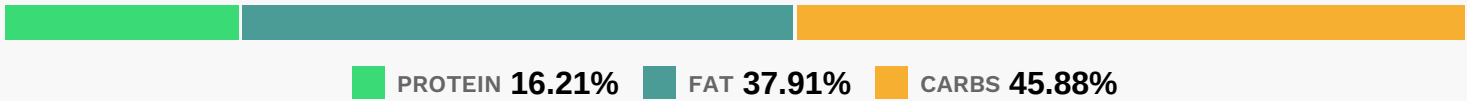
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ spatula

Directions

- ☐ Combine okra, tomato, and onion in a large bowl.
- ☐ Add the grits, eggs, salt, and pepper and blend together using your hands.
- ☐ Heat oil in a cast iron skillet over medium–high heat. Form patties 2 1/2 inches in diameter, about 1/2 the size of a hamburger.
- ☐ Place the fritter in the pan and cook until golden brown, about five minutes. Flip with a spatula and cook until browned on the other side, about five minutes more.
- ☐ Remove and drain on paper towels.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:2.74, Inflammation Score:-9, Nutrition Score:18.45304345048%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 35.6mg, Quercetin: 35.6mg, Quercetin: 35.6mg, Quercetin: 35.6mg

Nutrients (% of daily need)

Calories: 120.25kcal (6.01%), Fat: 5.52g (8.49%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 9.47g (3.44%), Sugar: 3.88g (4.31%), Cholesterol: 54.56mg (18.19%), Sodium: 237.95mg (10.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Manganese: 1.26mg (62.82%), Vitamin K: 52.5µg (50%), Vitamin C: 40.29mg (48.83%), Vitamin A: 1414.85IU (28.3%), Folate: 107.41µg (26.85%), Magnesium: 93.54mg (23.38%), Vitamin B1: 0.35mg (23.16%), Fiber: 5.56g (22.22%), Vitamin B6: 0.4mg (19.92%), Potassium: 572.65mg (16.36%), Calcium: 143.35mg (14.33%), Phosphorus: 135.05mg (13.5%), Vitamin B2: 0.18mg (10.32%),

Copper: 0.2mg (10.04%), Iron: 1.7mg (9.46%), Vitamin E: 1.38mg (9.22%), Vitamin B3: 1.81mg (9.07%), Selenium: 5.82µg (8.32%), Zinc: 1.16mg (7.71%), Vitamin B5: 0.65mg (6.47%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)