



Okra Fritters

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups vegetable oil
- 0.5 cup flour all-purpose
- 1 serving coarse mustard
- 2 cups okra frozen thawed sliced coarsely chopped
- 0.5 cup onion diced yellow
- 1 large eggs
- 0.3 cup buttermilk

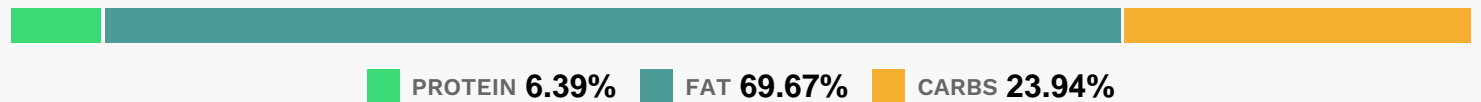
Equipment

- bowl
- frying pan
- paper towels
- whisk
- spatula
- butter knife

Directions

- In a large, heavy skillet, heat oil over medium. In a medium bowl, combine flour, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- Add okra and onion and toss to coat. In a small bowl, whisk together egg and buttermilk.
- Add to okra mixture and stir just until combined.
- In two batches, drop batter in 2-tablespoonful mounds into oil. With a small spatula or butter knife, gently flatten each mound and fry until golden, about 4 minutes per side, flipping once (adjust heat if browning too quickly).
- Drain on paper towels. Season with salt and serve warm. Makes about 10.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:9.95, Inflammation Score:-7, Nutrition Score:11.490869615389%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.55mg, Quercetin: 14.55mg, Quercetin: 14.55mg, Quercetin: 14.55mg

Nutrients (% of daily need)

Calories: 302.02kcal (15.1%), Fat: 23.8g (36.61%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 15.99g (5.81%), Sugar: 2.43g (2.7%), Cholesterol: 48.15mg (16.05%), Sodium: 51.86mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin K: 55.97µg (53.3%), Manganese: 0.54mg (26.78%), Folate: 69.11µg (17.28%), Vitamin B1: 0.25mg (16.42%), Vitamin C: 12.98mg (15.74%), Selenium: 10.56µg (15.09%), Vitamin E: 2.08mg (13.85%), Vitamin B2: 0.2mg (11.55%), Fiber: 2.42g (9.66%), Magnesium: 37.54mg

(9.38%), Phosphorus: 92.03mg (9.2%), Vitamin A: 451.54IU (9.03%), Vitamin B6: 0.17mg (8.29%), Vitamin B3: 1.48mg (7.38%), Iron: 1.32mg (7.36%), Calcium: 72.98mg (7.3%), Potassium: 234.79mg (6.71%), Copper: 0.1mg (4.92%), Vitamin B5: 0.47mg (4.68%), Zinc: 0.66mg (4.4%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.44µg (2.97%)