



## Okra Rellenos

 Vegetarian  Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



1459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1 serving corn oil
- ☐ 0.3 cup self-rising cornmeal
- ☐ 0.5 cup beer dark
- ☐ 1 large eggs
- ☐ 4 ounces monterrey jack cheese with peppers
- ☐ 1 pound okra fresh (4-inch-long pods)
- ☐ 0.5 teaspoon salt

☐ 1 cup self-rising flour

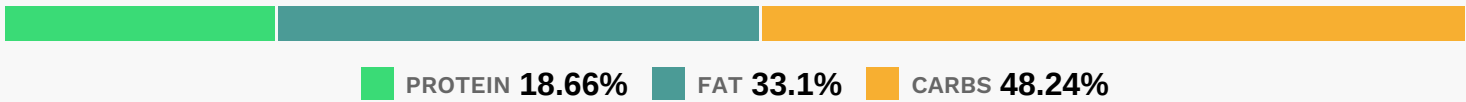
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cut Monterey Jack cheese into 3- x 1/4- x 1/4-inch sticks.
- ☐ Cut a lengthwise slit in each okra pod, cutting to but not through ends; push seeds aside. Stuff pods with cheese sticks, and set aside.
- ☐ Combine flour and cornmeal in a large bowl; make a well in center of mixture.
- ☐ Stir together egg, buttermilk, and beer; add to dry ingredients, stirring until smooth.
- ☐ Pour oil to depth of 3 inches into a Dutch oven; heat to 37
- ☐ Dip stuffed okra in batter, coating well; fry, a few at a time, in hot oil until golden.
- ☐ Drain on paper towels.
- ☐ Sprinkle with salt; serve immediately with salsa.

Nutrition Facts



Properties

Glycemic Index:266, Glycemic Load:91.68, Inflammation Score:-10, Nutrition Score:68.841739074044%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 95.14mg, Quercetin: 95.14mg, Quercetin: 95.14mg, Quercetin: 95.14mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 1459.43kcal (72.97%), Fat: 53.14g (81.75%), Saturated Fat: 26.8g (167.5%), Carbohydrates: 174.27g (58.09%), Net Carbohydrates: 151.77g (55.19%), Sugar: 14.54g (16.15%), Cholesterol: 300.12mg (100.04%), Sodium: 2081.22mg (90.49%), Alcohol: 4.6g (100%), Alcohol %: 0.56% (100%), Protein: 67.43g (134.85%), Manganese: 4.95mg (247.39%), Calcium: 1411.27mg (141.13%), Vitamin K: 147.49µg (140.47%), Selenium: 92.92µg (132.75%), Vitamin C: 104.33mg (126.46%), Phosphorus: 1238.2mg (123.82%), Magnesium: 402.24mg (100.56%), Folate: 388.42µg (97.1%), Vitamin A: 4590.25IU (91.81%), Fiber: 22.5g (89.99%), Vitamin B1: 1.27mg (84.37%), Vitamin B6: 1.61mg (80.31%), Vitamin B2: 1.3mg (76.65%), Zinc: 9.85mg (65.69%), Potassium: 2006.85mg (57.34%), Copper: 0.96mg (47.96%), Iron: 7.28mg (40.46%), Vitamin B3: 7.95mg (39.76%), Vitamin B5: 3.48mg (34.83%), Vitamin B12: 1.96µg (32.7%), Vitamin E: 3.42mg (22.79%), Vitamin D: 3.24µg (21.6%)