

Oven-Fried Okra



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup nonfat buttermilk fat-free
- ☐ 1 Dash ground pepper red
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 pound okra fresh trimmed cut into 3/4-inch slices (3 cups)
- ☐ 1.5 cups cornmeal yellow

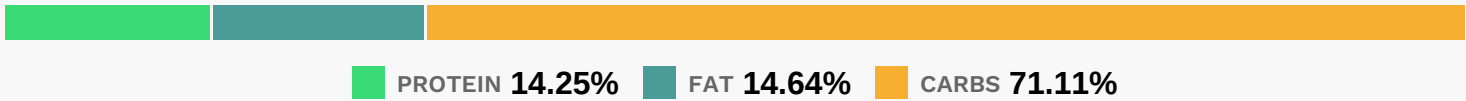
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Combine cornmeal, 1/2 teaspoon salt, black pepper, and red pepper in a shallow dish; set aside.
- ☐ Combine buttermilk and egg in a large bowl, stirring with a whisk.
- ☐ Add okra; toss to coat.
- ☐ Let stand 3 minutes.
- ☐ Dredge okra in cornmeal mixture.
- ☐ Place okra on a jelly-roll pan coated with cooking spray. Lightly coat okra with cooking spray.
- ☐ Bake at 450 for 40 minutes, stirring once.
- ☐ Sprinkle with remaining 1/4 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:13.76, Inflammation Score:-6, Nutrition Score:9.7804347639499%

Flavonoids

Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg

Nutrients (% of daily need)

Calories: 148.1kcal (7.41%), Fat: 2.46g (3.79%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 22.24g (8.09%), Sugar: 2.07g (2.3%), Cholesterol: 23.55mg (7.85%), Sodium: 245.68mg (10.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.77%), Manganese: 0.66mg (32.82%), Fiber: 4.65g (18.61%), Vitamin K: 18.04µg (17.18%), Magnesium: 65.21mg (16.3%), Vitamin C: 13.23mg (16.03%), Vitamin B6: 0.31mg (15.45%), Vitamin B1: 0.21mg (13.7%), Folate: 47.13µg (11.78%), Phosphorus: 114.27mg (11.43%), Zinc: 1.34mg (8.91%), Vitamin A: 445.6IU (8.91%), Potassium: 276.11mg (7.89%), Iron: 1.37mg (7.6%), Copper: 0.14mg (7.02%), Vitamin B3:

1.31mg (6.55%), Selenium: 4.11µg (5.87%), Calcium: 54.41mg (5.44%), Vitamin B2: 0.09mg (5.33%), Vitamin B5: 0.41mg (4.14%), Vitamin E: 0.33mg (2.23%)