



Serious Heat: Okra-Fried Jalapenos

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

Ingredients

- ☐ 6 servings canola oil as needed
- ☐ 1 Handful corn chips crushed
- ☐ 0.5 cup cornmeal
- ☐ 1 eggs
- ☐ 0.5 cup flour
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons horseradish
- ☐ 2 teaspoons hot sauce
- ☐ 2 cups jalapeno drained sliced

- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cream sour

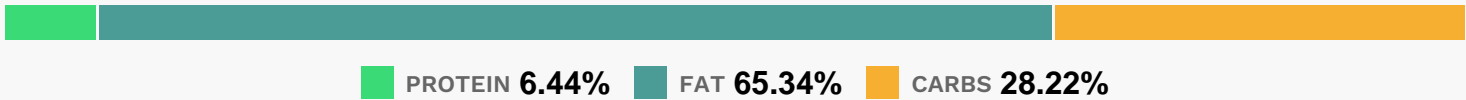
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ For the dipping sauce, mix all ingredients in a bowl.
- ☐ Let chill in the refrigerator until ready to serve.
- ☐ In a large bowl, mix the cornmeal, flour and finely crushed chips. In a smaller bowl, mix the milk, eggs, garlic powder and salt.
- ☐ Warm the oil in a medium sauté pan over medium-high heat. (I found that about a half-inch of oil in the pan was adequate.)
- ☐ Using a slotted spoon or hands, spoon some of the peppers into the milk mixture to coat, and then toss into the cornmeal mixture to coat too. Shake off excess cornmeal coating.
- ☐ In batches, add the coated jalapenos into sauté pan, and fry until golden in hot oil.
- ☐ Drain on paper towels. Repeat in batches until all the jalapenos have been fried.
- ☐ Serve jalapenos hot with horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:12.38, Inflammation Score:-6, Nutrition Score:10.784782658453%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 324.12kcal (16.21%), Fat: 23.87g (36.73%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 20.64g (7.5%), Sugar: 4.21g (4.67%), Cholesterol: 52.34mg (17.45%), Sodium: 282.7mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin C: 38.17mg (46.27%), Vitamin E: 3.83mg (25.52%), Vitamin K: 16.36µg (15.58%), Vitamin B6: 0.26mg (12.96%), Vitamin A: 637.02IU (12.74%), Vitamin B2: 0.21mg (12.56%), Selenium: 8.72µg (12.45%), Phosphorus: 116.11mg (11.61%), Vitamin B1: 0.16mg (10.5%), Fiber: 2.56g (10.26%), Manganese: 0.2mg (10.14%), Folate: 40.47µg (10.12%), Calcium: 77.25mg (7.72%), Magnesium: 29.86mg (7.46%), Vitamin B3: 1.41mg (7.07%), Potassium: 234.23mg (6.69%), Iron: 1.15mg (6.42%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.54mg (5.45%), Vitamin B12: 0.26µg (4.26%), Copper: 0.08mg (3.91%), Vitamin D: 0.37µg (2.47%)