



Southern Style Fried Okra

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

Ingredients

- 8.5 ounce just-add-water cornbread mix jiffy® (such as)
- 20 okra sliced in 1/4 inch pieces
- 2 large onion sweet cut into 1 inch pieces
- 1 cup vegetable oil for frying
- 6 yukon gold potatoes cut into 1-inch pieces

Equipment

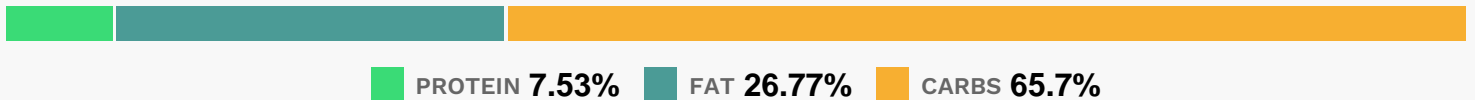
- bowl
- frying pan

- paper towels
- mixing bowl
- colander

Directions

- Place vegetables in a colander, rinse with cold water, and transfer to a large mixing bowl. In this next step, use your best judgement.
- Add enough corn meal to coat all of the vegetables in the bowl. Toss lightly till vegetables are coated with corn meal, adding more corn meal if necessary.
- In a large frying pan, pour in oil to cover bottom of the pan; place pan over medium to medium-high heat.
- Heat oil until hot but not smoking. To test if oil is ready, wet your fingers with some water and flick water into oil. If the oil sizzles immediately, it is ready to cook.
- Spoon out vegetables into frying pan in a single layer. When vegetables turn golden brown on bottom, flip them over, and continue cooking until browned on the other side.
- Transfer to a bowl lined with paper towels to drain oil. Repeat process till all vegetables are cooked.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:16.71, Inflammation Score:-7, Nutrition Score:14.649999937286%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 19.2mg, Quercetin: 19.2mg, Quercetin: 19.2mg, Quercetin: 19.2mg

Nutrients (% of daily need)

Calories: 308.64kcal (15.43%), Fat: 9.36g (14.4%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 51.69g (17.23%), Net Carbohydrates: 45.22g (16.44%), Sugar: 11.72g (13.02%), Cholesterol: 0.6mg (0.2%), Sodium: 262.46mg (11.41%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.93g (11.85%), Vitamin C: 36.02mg (43.66%), Manganese: 0.59mg (29.46%), Vitamin B6: 0.59mg (29.34%), Phosphorus: 260.61mg (26.06%), Fiber: 6.47g (25.87%), Vitamin K: 23.59µg (22.47%), Potassium: 758.98mg (21.69%), Vitamin B1: 0.32mg (21.64%), Folate: 85.45µg (21.36%), Magnesium: 61.1mg (15.28%), Vitamin B3: 2.76mg (13.8%), Copper: 0.24mg (12.12%), Iron: 2.15mg (11.94%), Vitamin B2: 0.16mg (9.25%), Calcium: 73.62mg (7.36%), Vitamin B5: 0.68mg (6.77%), Zinc: 0.82mg (5.49%), Vitamin A: 252.82IU (5.06%), Vitamin E: 0.6mg (4.03%), Selenium: 2.69µg (3.85%)