



Spicy Southern-Fried Okra

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

256 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cornmeal
- ☐ 2 eggs beaten
- ☐ 1 clove garlic minced
- ☐ 1 large tomatoes diced green
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 jalapeno minced seeded
- ☐ 0.5 cup milk
- ☐ 1 pound okra sliced into 1/2-inch pieces

- ☐ 1 onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil

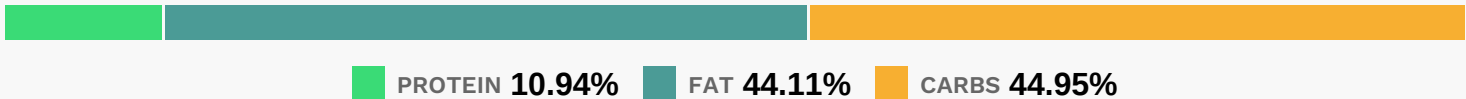
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine okra, onion, green tomato, jalapeno pepper, and garlic in a large bowl.
- ☐ Whisk milk, eggs, salt, and black pepper together in a separate bowl; pour over vegetables and toss to coat. Gradually add cornmeal to vegetable mixture until liquid is absorbed and ingredients are moist and evenly mixed.
- ☐ Heat oil in a skillet over medium heat; spoon batter into skillet. Reduce heat to medium-low and cover. Fry until bottom of fritter is browned, 10 to 15 minutes. Flip fritter and fry until other side is browned, 5 to 8 minutes.
- ☐ Cut into slices to serve.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:13.38, Inflammation Score:-8, Nutrition Score:15.725652290427%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.7mg, Quercetin: 19.7mg, Quercetin: 19.7mg, Quercetin: 19.7mg

Nutrients (% of daily need)

Calories: 256.12kcal (12.81%), Fat: 12.92g (19.88%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 23.98g (8.72%), Sugar: 4.66g (5.17%), Cholesterol: 57mg (19%), Sodium: 136.65mg (5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.42%), Manganese: 0.85mg (42.3%), Vitamin K: 44.24µg (42.13%), Vitamin C: 28.77mg (34.87%), Fiber: 5.65g (22.61%), Vitamin B6: 0.42mg (20.95%), Magnesium: 81.13mg (20.28%), Vitamin B1: 0.28mg (18.44%), Vitamin A: 874.19IU (17.48%), Phosphorus: 170.63mg (17.06%), Folate: 68.14µg (17.03%), Potassium: 459.68mg (13.13%), Vitamin B2: 0.18mg (10.85%), Calcium: 106.58mg (10.66%), Zinc: 1.6mg (10.63%), Selenium: 7.31µg (10.44%), Copper: 0.2mg (9.77%), Iron: 1.74mg (9.64%), Vitamin E: 1.41mg (9.42%), Vitamin B5: 0.83mg (8.29%), Vitamin B3: 1.65mg (8.25%), Vitamin B12: 0.24µg (4.01%), Vitamin D: 0.52µg (3.45%)