

Southern Fried Okra

Yield: 7 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-vegetarian-southern-fried-chicken>

Ingredients:

- 1 cup cornmeal
- 1 cup flour
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 pounds okra fresh
- 2 cups buttermilk
- 6 cups vegetable oil for frying

Nutrition:

1. Calories: 1870 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 5 milligrams
4. Fat: 189 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 14 grams
8. Sodium: 75 milligrams
9. Sugar: 5 grams
10. TransFat: 6 grams

Thank you for visiting our website. Hope you enjoy Southern Fried Okra above. You can see more 17 recipe vegetarian southern fried chicken Deliciousness awaits you! to get more great cooking ideas.