

Crispy Air Fryer Okra

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/air-fry-indian-okra-recipe>

Ingredients:

- 1 pound okra
- cooking oil spray
- 2 eggs beaten
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/3 cup cornmeal
- 1/2 cup gluten free all purpose flour can sub regular flour
- 2 teaspoons Italian seasoning
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1/4 teaspoon cumin
- salt
- pepper

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 105 milligrams
4. Fat: 3.5 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 540 milligrams
9. Sugar: 2 grams

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