

Easy Indian-Style Okra

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/ways-to-cook-okra-indian-recipe>

Ingredients:

- 3 tablespoons butter
- 1 onion medium, chopped
- 1 pound okra sliced fresh
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground black pepper
- salt to taste

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 3 grams
7. SaturatedFat: 5 grams
8. Sodium: 270 milligrams
9. Sugar: 2 grams

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