

# Crispy Indian Okra

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/sunny-side-up-recipe-indian>

## Ingredients:

- 12 ounces baby okra frozen, bhindi, thawed, if you can find fresh young okra, use that!
- 3 tablespoons fat of choice ghee, avocado oil
- 1/2 teaspoon cumin seeds
- 1 onion diced
- 1 serrano pepper or 1-2 thai bird chilies, minced
- 2 cloves garlic minced
- 1/2 inch ginger minced
- 1/4 teaspoon turmeric
- 1/4 teaspoon salt adjust to taste

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 2 grams
7. SaturatedFat: 5 grams
8. Sodium: 220 milligrams
9. Sugar: 2 grams

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