

Sauteed Okra

Yield: 8 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/dried-okra-recipe-turkish>

Ingredients:

- 4 cups okra sliced
- 1 white onion sliced small, into half moons
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- spices as desired, to taste

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 6 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 150 milligrams
7. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Sauteed Okra above. You can see more 20 dried okra recipe turkish Deliciousness awaits you! to get more great cooking ideas.