

Fried Okra

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 5 dashes Tabasco Sauce
- 1 pound okra fresh, washed, stems trimmed
- 3 teaspoons kosher salt
- 1 cup flour
- 3/4 cup yellow cornmeal stone-ground
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground black pepper freshly
- canola oil

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 55 grams
3. Fat: 6 grams
4. Fiber: 6 grams
5. Protein: 8 grams
6. Sodium: 1810 milligrams
7. Sugar: 2 grams

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