

Crispy Air Fryer Fried Okra

Yield: 2 min
Total Time: 15 min

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

Ingredients:

- 2 tablespoons parsley fresh and finely chopped, dried parsley will work as well
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon paprika
- 1 cup okra frozen or fresh; if using fresh, cut into the desired size
- 1 egg
- 2 tablespoons water
- oil spray Cooking
- plain bread crumbs or gluten-free bread crumbs will work fine as well.
- 1 tablespoon garlic minced
- 2 tablespoons parsley fresh and finely chopped, dried parsley will work as well
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon paprika

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 115 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 3 grams
8. Sodium: 1580 milligrams
9. Sugar: 2 grams

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