

Burgundy Okra Shoestring Fries

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-wassail-recipe-using-burgundy-win>

Ingredients:

- 1 pound burgundy small, or regular okra pods – rinsed and patted dry
- 1/4 cup unbleached all purpose flour
- sea salt to taste
- vegetable oil high heat, for frying

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 10 grams
3. Fat: 5 grams
4. Protein: 1 grams
5. Sodium: 190 milligrams

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