

Fried Okra

Mrs. Richard M. Nunnally

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

1 quart young okra
boiling water
salt (to taste)
pepper (to taste)
yellow cornmeal
cooking oil

Wash the okra. Discard the stems and cut the okra into 1/4-inch pieces.

Par boil the okra for 5 to 7 minutes in salted water. Drain in a colander.

Sprinkle the okra with salt and pepper and roll in the cornmeal. Let rest for 20 to 30 minutes so that the cornmeal will stick to the okra when ready to fry.

In a skillet, fry the okra in deep fat until golden. Drain on paper towels.

Serve hot.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

Carbohydrate (g): 0g
 Dietary Fiber (g): 0g
 Protein (g): 0g
 Sodium (mg): 0mg
 Potassium (mg): 0mg
 Calcium (mg): 0mg
 Iron (mg): 0mg
 Zinc (mg): 0mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat 0g 0%
 Saturated Fat 0g 0%
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrates 0g 0%
 Dietary Fiber 0g 0%
Protein 0g

Vitamin A 0%
Vitamin C 0%
Calcium 0%
Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.