



Baked Green Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

Ingredients

- 1 cup cornmeal
- 1 tablespoon dill weed dried
- 5 medium tomatoes green thinly sliced
- 6 servings ground pepper black to taste
- 6 servings salt to taste

Equipment

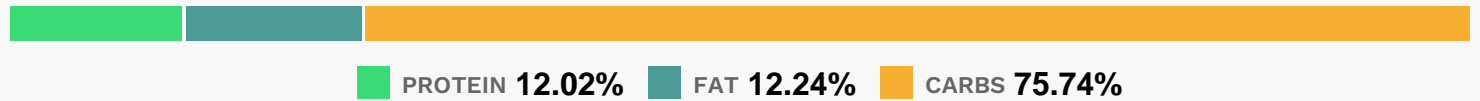
- bowl
- baking sheet

oven

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium baking sheet.
- In a small bowl, mix the cornmeal, dill, salt, and pepper. Dip tomato slices into the mixture, coating both sides. Arrange coated slices in a single layer on a medium baking sheet.
- Bake 45 minutes in the preheated oven, until crisp and golden brown.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:11.54, Inflammation Score:-6, Nutrition Score:8.0921739287998%

Nutrients (% of daily need)

Calories: 126.85kcal (6.34%), Fat: 1.79g (2.75%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 21.18g (7.7%), Sugar: 4.51g (5.02%), Cholesterol: 0mg (0%), Sodium: 209.24mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin C: 24.24mg (29.38%), Manganese: 0.31mg (15.27%), Fiber: 3.71g (14.85%), Vitamin A: 687.85IU (13.76%), Vitamin B6: 0.25mg (12.41%), Magnesium: 41.04mg (10.26%), Vitamin K: 10.57µg (10.07%), Vitamin B1: 0.14mg (9.55%), Phosphorus: 91.2mg (9.12%), Potassium: 312.34mg (8.92%), Iron: 1.57mg (8.72%), Copper: 0.16mg (8.02%), Vitamin B5: 0.67mg (6.72%), Zinc: 0.91mg (6.08%), Vitamin B3: 1.18mg (5.91%), Folate: 18.25µg (4.56%), Vitamin B2: 0.07mg (3.96%), Vitamin E: 0.49mg (3.26%), Selenium: 2.01µg (2.86%), Calcium: 24.4mg (2.44%)