



Baked Green Tomatoes and Zucchini

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients

- 1 cup cornmeal
- 1 egg white
- 2 large tomatoes green cut into 1/4-inch-thick slices
- 0.5 teaspoon hot sauce (10 drops)
- 0.5 cup buttermilk low-fat
- 0.3 teaspoon sea salt
- 1 zucchini cut into 1/4-inch-thick slices

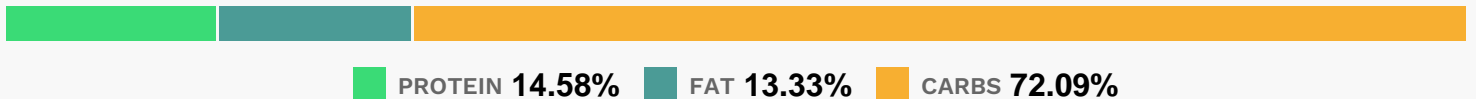
Equipment

- frying pan
- baking sheet
- baking paper
- oven
- pie form

Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F. Line a large baking sheet with parchment paper.
- Combine the buttermilk, hot sauce and egg white in a pie dish.
- Mix the cornmeal and salt in another pie dish. Dip the tomato and zucchini slices into the buttermilk mixture, and then into the cornmeal, gently turning to coat.
- Spray a large nonstick skillet with nonstick cooking spray over medium-high heat.
- Add half the tomato and zucchini slices in a single layer and cook until browned on both sides, 3 to 4 minutes.
- Transfer the slices to the baking sheet and bake until the tomatoes and zucchini are golden brown on both sides, about 8 minutes. Wipe the skillet clean and repeat with remaining vegetable slices.
- Serve hot.
- SERVES: 4 (SIDE); Calories: 93; Total Fat: 1 grams; Saturated Fat: 0 grams; Protein: 4 grams; Total carbohydrates: 19 grams; Sugar: 6 grams; Fiber: 3 grams; Cholesterol: 1 milligrams; Sodium: 112 milligrams

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:17.45, Inflammation Score:-7, Nutrition Score:11.82739115798%

Flavonoids

Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 197.85kcal (9.89%), Fat: 3.01g (4.63%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 36.64g (12.21%), Net Carbohydrates: 31.41g (11.42%), Sugar: 6.98g (7.76%), Cholesterol: 1.2mg (0.4%), Sodium: 232.75mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Vitamin C: 30.74mg (37.26%), Manganese: 0.43mg (21.73%), Fiber: 5.23g (20.92%), Vitamin B6: 0.4mg (19.97%), Magnesium: 64.61mg (16.15%), Phosphorus: 161.42mg (16.14%), Potassium: 499.8mg (14.28%), Vitamin A: 697.13IU (13.94%), Vitamin B1: 0.21mg (13.77%), Vitamin B2: 0.2mg (11.7%), Vitamin K: 11.42µg (10.88%), Zinc: 1.58mg (10.55%), Copper: 0.21mg (10.47%), Iron: 1.86mg (10.33%), Vitamin B5: 0.89mg (8.89%), Folate: 35.29µg (8.82%), Vitamin B3: 1.68mg (8.42%), Selenium: 4.95µg (7.07%), Calcium: 57.51mg (5.75%), Vitamin E: 0.57mg (3.78%), Vitamin B12: 0.07µg (1.21%)