Crunchy Fried Green Tomatoes

Dairy Free

READY IN	SERVINGS	CALORIES
25 min.	6	229 kcal

SIDE DISH

Ingredients

- [ ] 2 large eggs lightly beaten
- [ ] 0.5 teaspoon ground pepper red
- [ ] 1 teaspoon kosher salt
- [ ] 0.5 cup matzo meal
- [ ] 0.1 teaspoon sugar
- [ ] 2 lb to 5 tomatoes green cut into 1/2-inch-thick slices
- [ ] 6 servings vegetable oil

Equipment

- [ ] frying pan
- [ ] baking sheet
- [ ] paper towels
- [ ] wax paper

Directions

- [ ] Combine first 4 ingredients in a shallow dish.
- [ ] Dip tomatoes into eggs, allowing excess to drip off. Dredge in matzo mixture, pressing it into the surfaces.
- [ ] Place on a wax paper-lined baking sheet.
- [ ] Pour oil to a depth of 1/2 inch into a large, deep cast-iron or heavy skillet; heat over medium heat to 36
- [ ] Fry tomatoes, in batches, 3 to 4 minutes on each side or until golden.
- [ ] Drain on paper towels.
- [ ] Sprinkle with additional salt, if desired.
- [ ] Serve immediately.

Nutrition Facts

PROTEIN **8.64%** FAT **61.27%** CARBS **30.09%**

Properties

Glycemic Index:17.02, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:11.003478371579%

Nutrients (% of daily need)

Calories: 229.3kcal (11.47%), Fat: 16.08g (24.74%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 15.71g (5.71%), Sugar: 6.24g (6.94%), Cholesterol: 62mg (20.67%), Sodium: 430.95mg (18.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin C: 35.51mg (43.04%), Vitamin K: 41.24µg (39.27%), Vitamin A: 1130.04IU (22.6%), Selenium: 10.04µg (14.35%), Vitamin E: 1.95mg (13.01%), Manganese: 0.24mg (11.8%), Vitamin B5: 1.06mg (10.63%), Vitamin B2: 0.17mg (10.13%), Potassium: 347.95mg (9.94%), Vitamin B1: 0.14mg (9.54%), Phosphorus: 86.21mg (8.62%), Vitamin B6: 0.17mg (8.42%), Fiber: 2.06g (8.23%), Iron: 1.45mg (8.06%), Copper: 0.16mg (7.8%), Vitamin B3: 1.24mg (6.18%), Folate: 23.6µg (5.9%), Magnesium: 20.3mg (5.07%), Calcium: 30.99mg (3.1%), Zinc: 0.41mg (2.7%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%)