



Crunchy Fried Green Tomatoes with Fresh Tomato Salsa

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



557 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon cayenne
- ☐ 0.5 cup cilantro sprigs fresh
- ☐ 6 ounces cornflakes
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 2 pounds tomatoes green unripe 4 medium

- ☐ 2 jalapeño chiles fresh
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 tablespoon milk
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup vegetable oil
- ☐ 2 pounds vine-ripened and/or orange tomatoes red 5 medium
- ☐ 0.3 medium onion white preferably

Equipment

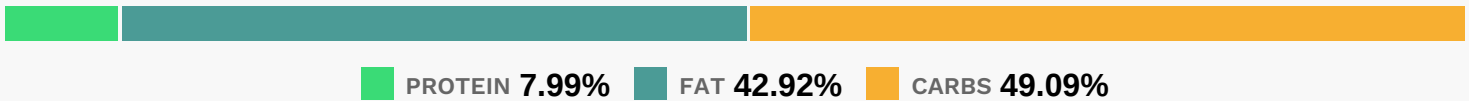
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Cut tomatoes into 12 (1/2-inch thick) slices. In a shallow bowl, whisk together flour, salt, sugar, and cayenne. In another shallow bowl, whisk together egg and milk. In a third shallow bowl, coarsely crush corn flakes with hands. Working with 1 tomato slice at a time, dredge in flour, shaking off excess, and dip in egg, letting excess drip off. Coat slices with corn flakes, pressing them to adhere, and arrange slices in 1 layer on a baking sheet.
- ☐ In a 12-inch nonstick skillet, heat 1 tablespoon butter and 1 tablespoon oil over moderate heat until foam subsides and fry 3 tomato slices until golden brown, about 3 minutes on each side. (Be careful not to let coating burn.)

- ☐ Transfer tomatoes to paper towels to drain. Fry remaining tomato slices in remaining butter and oil in same manner. On another baking sheet arrange drained tomato slices in 1 layer.
- ☐ Bake tomatoes in middle of oven until tender and hot, about 4 minutes.
- ☐ Serve tomatoes topped with salsa.
- ☐ Quarter and seed tomatoes.
- ☐ Cut tomatoes into 1/4-inch dice and transfer to a bowl. Wearing rubber gloves, seed and finely chop chiles. Finely chop enough onion to measure 1/4 cup and chop cilantro. Stir chiles, onion, cilantro, and garlic into tomatoes with sugar and lime juice and salt and pepper, to taste. Salsa may be made 1 hour ahead and kept at cool room temperature.

Nutrition Facts



Properties

Glycemic Index:101.52, Glycemic Load:12.06, Inflammation Score:-10, Nutrition Score:41.189564767091%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 557.02kcal (27.85%), Fat: 27.79g (42.76%), Saturated Fat: 10.05g (62.82%), Carbohydrates: 71.51g (23.84%), Net Carbohydrates: 63.94g (23.25%), Sugar: 21.09g (23.43%), Cholesterol: 77.45mg (25.82%), Sodium: 955.03mg (41.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.3%), Vitamin C: 104.63mg (126.82%), Vitamin A: 4902.87IU (98.06%), Iron: 15.14mg (84.1%), Vitamin K: 75µg (71.43%), Vitamin B1: 0.93mg (62.12%), Folate: 246.57µg (61.64%), Vitamin B6: 1.22mg (60.93%), Vitamin B3: 11.2mg (56.01%), Vitamin B2: 0.94mg (55.29%), Vitamin B12: 2.28µg (38.03%), Manganese: 0.73mg (36.35%), Potassium: 1171.04mg (33.46%), Fiber: 7.58g (30.3%), Vitamin E: 4.15mg (27.68%), Copper: 0.47mg (23.67%), Phosphorus: 218.09mg (21.81%), Selenium: 14.02µg (20.03%), Magnesium: 73.53mg (18.38%), Vitamin B5: 1.78mg (17.78%), Vitamin D: 2.03µg (13.57%), Zinc: 1.33mg (8.83%), Calcium: 78.92mg (7.89%)