



Easy Southern Fried Green Tomatoes

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground to taste
- 1 cup canola oil for frying or as needed
- 2 large eggs
- 1 cup flour all-purpose
- 2 pounds tomatoes green sliced
- 8 servings waxed paper
- 8 servings sea salt to taste
- 2 tablespoons water

1 cup cornmeal yellow

Equipment

bowl

frying pan

baking sheet

paper towels

Directions

Line a baking sheet with waxed paper.

Beat eggs and water in a shallow bowl.

Place flour and cornmeal in 2 separate shallow bowls. Season cornmeal with salt and pepper.

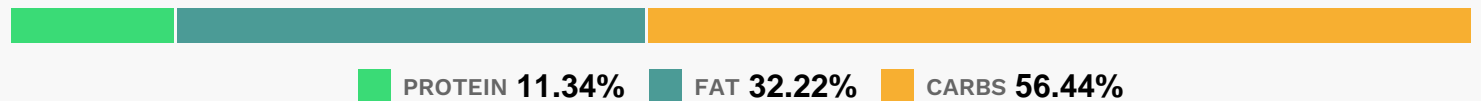
Dip each tomato slice into flour, then dip into egg mixture. Press tomato into cornmeal mixture, shaking off excess.

Transfer tomato to prepared baking sheet. Repeat with remaining tomato slices, arranging tomatoes in a single layer.

Heat about 1/4 inch canola oil in a large skillet over medium heat until oil begins to shimmer. Fry tomatoes in batches until golden and crisp, 3 to 4 minutes per side.

Drain on paper towel-lined plates. Repeat with remaining tomatoes.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:17.28, Inflammation Score:-7, Nutrition Score:11.360434863878%

Nutrients (% of daily need)

Calories: 229.82kcal (11.49%), Fat: 8.36g (12.85%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 29.35g (10.67%), Sugar: 4.94g (5.48%), Cholesterol: 46.59mg (15.53%), Sodium: 233.32mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.23%), Vitamin C: 26.54mg (32.16%), Manganese: 0.37mg (18.52%), Vitamin B1: 0.26mg (17.37%), Vitamin A: 796.2IU (15.92%), Selenium: 11.07µg (15.81%), Vitamin K: 15.73µg (14.98%), Fiber: 3.58g (14.32%), Folate: 52.31µg (13.08%), Iron: 2.16mg (12.01%), Phosphorus:

119.06mg (11.91%), Vitamin B2: 0.2mg (11.89%), Vitamin B6: 0.24mg (11.89%), Vitamin E: 1.63mg (10.84%), Vitamin B3: 2.05mg (10.23%), Magnesium: 37.96mg (9.49%), Vitamin B5: 0.95mg (9.47%), Potassium: 331.49mg (9.47%), Copper: 0.19mg (9.26%), Zinc: 0.98mg (6.5%), Calcium: 26.42mg (2.64%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.25µg (1.67%)