



Fried Cherry Tomatoes with Spicy Yogurt

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



390 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup breadcrumbs italian progresso®
- ☐ 4 cups canola oil
- ☐ 2.5 cups cherry tomatoes washed and dried
- ☐ 0.1 teaspoon sea salt
- ☐ 1 eggs
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 dashes hot sauce

- ☐ 1 tablespoon mayonnaise
- ☐ 0.5 cup greek yogurt plain
- ☐ 2 tablespoons water
- ☐ 0.5 cup baking mix original bisquick®

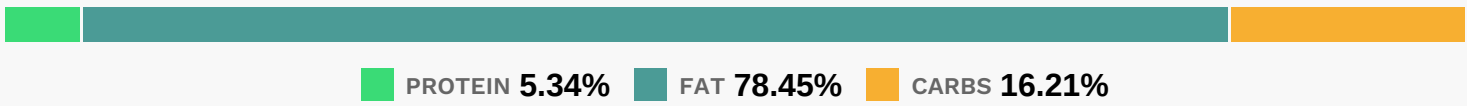
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In small bowl, mix yogurt, mayonnaise, chives, salt, pepper, and however many dashes of hot sauce you can handle. Cover and refrigerate until ready to serve.
- ☐ In another small bowl, mix Bisquick mix and bread crumbs. In another small bowl, beat egg and water with whisk. Working in batches, roll some cherry tomatoes in the egg wash, transfer to the Bisquick mixture and roll to coat, and repeat to double-coat each tomato. Repeat with remaining tomatoes, placing the finished tomatoes in a single layer ungreased sheet pan.
- ☐ Fill deep saucepan halfway with the oil.
- ☐ Heat to about 350°F. Fry the tomatoes a few at a time, lowering them into the hot oil gently. Fry about 60 seconds, until golden brown; remove from oil, and drain on paper towel-lined platter. Repeat with remaining tomatoes.
- ☐ Serve warm with spicy yogurt.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:9.1817391022392%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 390.32kcal (19.52%), Fat: 34.46g (53.02%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 14.95g (5.44%), Sugar: 3.86g (4.29%), Cholesterol: 29.29mg (9.76%), Sodium: 280.7mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Vitamin E: 5.75mg (38.34%), Vitamin K: 29.24µg (27.84%), Vitamin C: 14.49mg (17.56%), Phosphorus: 128.77mg (12.88%), Vitamin B1: 0.17mg (11.61%), Selenium: 7.29µg (10.41%), Vitamin B2: 0.18mg (10.3%), Manganese: 0.19mg (9.65%), Folate: 35.46µg (8.87%), Vitamin A: 367.79IU (7.36%), Iron: 1.29mg (7.17%), Vitamin B3: 1.43mg (7.13%), Calcium: 64.82mg (6.48%), Potassium: 205.44mg (5.87%), Copper: 0.1mg (4.78%), Vitamin B6: 0.09mg (4.58%), Fiber: 1.07g (4.29%), Vitamin B12: 0.26µg (4.25%), Vitamin B5: 0.39mg (3.92%), Magnesium: 15.03mg (3.76%), Zinc: 0.47mg (3.12%), Vitamin D: 0.15µg (1.01%)