



## Fried Green Tomato and Crab Salad with Sumac Vinaigrette

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings baby arugula
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 4 tablespoons champagne vinegar
- 2 teaspoons creole seasoning (recommended: Konriko)
- 0.5 cup flour all-purpose
- 2 teaspoons ground sumac plus more for serving

- 0.1 teaspoon kosher salt
- 1 teaspoon kosher salt
- 4 servings lump crab meat
- 6 tablespoons olive oil extra-virgin
- 4 servings vegetable oil; peanut oil preferred
- 2 large to 3 tomatoes green sliced
- 0.5 cup cornmeal plain white

## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Preheat approximately 2-inches oil in large, heavy skillet to 325 degrees F. An electric- fryer can be used.
- Sprinkle both sides of tomatoes with salt and pepper.
- Combine the cornmeal, flour and Creole seasoning in a shallow dish. Dredge the tomatoes in the cornmeal mixture and fry until golden brown.
- Remove from the oil and drain on paper towels.
- Add the vinegar, sumac, and salt and pepper to a small bowl. Slowly whisk in the olive oil until combined.
- Remove and reserve 4 tablespoons. In a large bowl, add enough arugula for 4 servings.
- Pour the vinaigrette over the arugula and toss. Divide the arugula on serving plates, arrange 2 to 3 fried green tomatoes on the arugula and top with equal amounts of crabmeat.
- Drizzle reserved vinaigrette over the crabmeat and sprinkle with ground sumac.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 15.18% ■ FAT 60.73% ■ CARBS 24.09%

## Properties

Glycemic Index:50.75, Glycemic Load:8.83, Inflammation Score:-8, Nutrition Score:26.191739268925%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 547.18kcal (27.36%), Fat: 37.1g (57.07%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 29.09g (10.58%), Sugar: 4.28g (4.76%), Cholesterol: 35.7mg (11.9%), Sodium: 1382.27mg (60.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.72%), Vitamin B12: 7.65µg (127.5%), Selenium: 36.74µg (52.48%), Copper: 0.95mg (47.5%), Vitamin E: 6mg (39.97%), Zinc: 5.96mg (39.72%), Vitamin C: 29.58mg (35.86%), Vitamin K: 34.37µg (32.74%), Phosphorus: 294.08mg (29.41%), Vitamin A: 1260.07IU (25.2%), Manganese: 0.46mg (23.21%), Folate: 91.37µg (22.84%), Magnesium: 86.51mg (21.63%), Vitamin B1: 0.28mg (18.9%), Vitamin B6: 0.36mg (17.84%), Iron: 2.9mg (16.11%), Fiber: 4.02g (16.07%), Potassium: 532.02mg (15.2%), Vitamin B3: 2.99mg (14.95%), Vitamin B5: 1.36mg (13.65%), Vitamin B2: 0.2mg (11.52%), Calcium: 76.12mg (7.61%)