



Fried Green Tomato BLT with Shrimp Remoulade

READY IN



35 min.

SERVINGS



1

CALORIES



892 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 strips bacon
- ☐ 1 serving bacon grease for frying
- ☐ 2 slices bread
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup cornmeal
- ☐ 1 teaspoon creole seasoning
- ☐ 1 medium tomatoes green sliced
- ☐ 1 tablespoon rémoulade sauce

- ☐ 2 leaves lettuce
- ☐ 0.3 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal (corn flour)
- ☐ 1 teaspoon oil
- ☐ 1 serving salt and pepper to taste
- ☐ 4 shrimp shelled

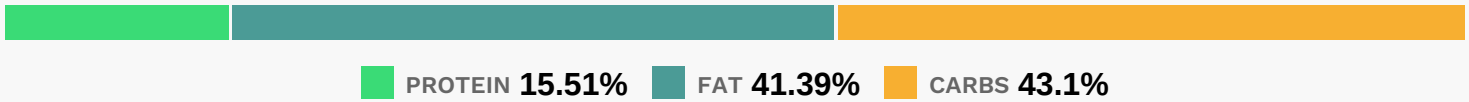
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Soak the green tomato slices in the buttermilk for at least 30 minutes at room temperature.Fry the bacon and set it aside retaining the grease in the pan.
- ☐ Mix the masa harina, cornmeal and creole seasoning and place it in a wide and shallow dish.Pull the tomato slices out of the buttermilk and dredge them in the cornmeal mixture.Fry the tomato slices in oil over medium heat until golden brown on both sides, about 3-4 minute per side and set aside to drain on paper towels.Toss the shrimp in the oil and creole seasoning to coat.
- ☐ Heat a pan over medium heat add the shrimp and saute until cooked, about 2-3 minutes per side.Assemble sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:254.17, Glycemic Load:33.86, Inflammation Score:-10, Nutrition Score:37.056521374246%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 892.43kcal (44.62%), Fat: 41.52g (63.88%), Saturated Fat: 12.59g (78.7%), Carbohydrates: 97.28g (32.43%), Net Carbohydrates: 86.85g (31.58%), Sugar: 18.8g (20.89%), Cholesterol: 121.35mg (40.45%), Sodium: 1077.51mg (46.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.01g (70.02%), Vitamin B1: 1.1mg (73.46%), Manganese: 1.3mg (64.9%), Selenium: 41.07µg (58.67%), Vitamin A: 2818.91IU (56.38%), Phosphorus: 554.67mg (55.47%), Vitamin B3: 10.69mg (53.44%), Vitamin B2: 0.76mg (44.55%), Vitamin B6: 0.86mg (42.76%), Fiber: 10.43g (41.73%), Vitamin C: 32.4mg (39.27%), Iron: 6.86mg (38.1%), Folate: 146.63µg (36.66%), Magnesium: 145.42mg (36.35%), Calcium: 302.83mg (30.28%), Potassium: 1034.23mg (29.55%), Zinc: 4.31mg (28.72%), Copper: 0.57mg (28.71%), Vitamin K: 25.53µg (24.31%), Vitamin B5: 2.2mg (22.02%), Vitamin E: 3.01mg (20.08%), Vitamin B12: 0.88µg (14.7%), Vitamin D: 1.83µg (12.19%)