



Fried Green Tomato BLTs

READY IN



16 min.

SERVINGS



2

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons self-rising cornmeal
- ☐ 1 egg white lightly beaten
- ☐ 1 medium size tomatoes green cut into 1/4-inch slices
- ☐ 2 leaves lettuce green
- ☐ 2 ounce mozzarella cheese reduced-fat
- ☐ 2 slices at least of turkey bacon cooked halved drained
- ☐ 4 ounce sandwich bread white toasted

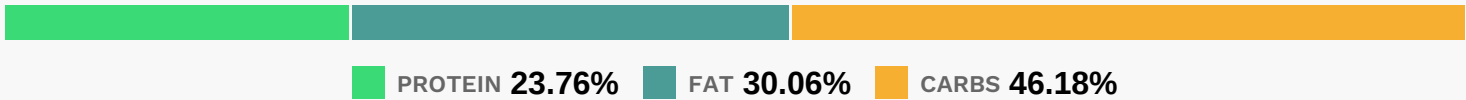
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Sprinkle tomato slices with hot sauce, if desired; dip in egg white, and dredge in cornmeal.
- ☐ Place slices in a single layer on a large baking sheet coated with cooking spray. Lightly coat slices with cooking spray. Broil 3 inches from heat (with electric oven door partially opened) 3 minutes on each side or until tender and golden.
- ☐ Layer lettuce, cheese, turkey bacon, and tomato slices on 2 slices of toast. Top with remaining 2 slices of toast.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:71.64, Glycemic Load:23.15, Inflammation Score:-8, Nutrition Score:16.783478153789%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 331.5kcal (16.57%), Fat: 11.07g (17.02%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 35.37g (12.86%), Sugar: 6.14g (6.83%), Cholesterol: 31.86mg (10.62%), Sodium: 803.09mg (34.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.35%), Calcium: 357.3mg (35.73%), Selenium: 24.63µg (35.19%), Vitamin A: 1605.48IU (32.11%), Phosphorus: 300.28mg (30.03%), Vitamin K: 26.06µg (24.82%), Vitamin B1: 0.37mg (24.74%), Manganese: 0.49mg (24.3%), Vitamin B2: 0.36mg (21.45%), Folate: 80.94µg (20.24%), Vitamin C: 15.73mg (19.06%), Vitamin B3: 3.79mg (18.93%), Iron: 2.94mg (16.32%), Zinc: 2.01mg (13.41%), Fiber: 2.87g (11.5%), Vitamin B6: 0.22mg (11.23%), Magnesium: 43.6mg (10.9%), Potassium: 347.64mg (9.93%), Copper: 0.18mg (8.98%), Vitamin B5: 0.73mg (7.26%), Vitamin B12: 0.3µg (4.94%), Vitamin E: 0.6mg (4.01%)