



Fried Green Tomato Napoleons

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

SIDE DISH

Ingredients

- ☐ 4 servings balsamic vinaigrette
- ☐ 4 servings garnish: basil sprigs fresh
- ☐ 0.5 cup buttermilk
- ☐ 6 cherry tomatoes red halved
- ☐ 0.8 cup cornmeal
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 garlic bulb
- ☐ 4 medium size tomatoes green cut into 1/4-inch-thick slices
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 5 plum tomatoes chopped
- ☐ 4 cups gourmet salad greens
- ☐ 1 teaspoon salt
- ☐ 4 servings tomato crostini
- ☐ 1 cup vegetable oil
- ☐ 6 cherry tomatoes yellow halved

Equipment

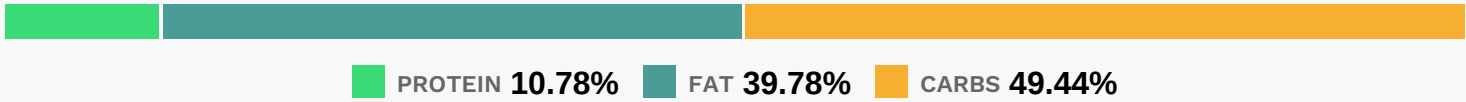
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Cut off pointed end of garlic bulb, and place on a piece of aluminum foil.
- ☐ Drizzle with olive oil, and fold foil to seal.
- ☐ Bake at 400 for 1 hour. Cool and peel 12 cloves; reserve any remaining cloves for other uses.
- ☐ Whisk egg and buttermilk in a small bowl. Stir together cornmeal and next 3 ingredients. Dip tomato slices in egg mixture, and dredge in cornmeal mixture, shaking off excess.
- ☐ Heat oil to 350 in a large skillet; fry tomato slices, in batches, in hot oil 1 minute on each side; drain.
- ☐ Toss greens with Balsamic Vinaigrette. Arrange on individual plates. Stack tomato slices and pear tomatoes on plates.
- ☐ Sprinkle with chopped tomato, parsley, and garlic.

- ☐ Serve with Tomato Crostini.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:103.63, Glycemic Load:24.83, Inflammation Score:-10, Nutrition Score:31.245217323303%

Flavonoids

Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 431.8kcal (21.59%), Fat: 19.79g (30.45%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 55.34g (18.45%), Net Carbohydrates: 47.08g (17.12%), Sugar: 14.43g (16.03%), Cholesterol: 49.8mg (16.6%), Sodium: 691.49mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.07g (24.14%), Vitamin K: 126.09µg (120.08%), Vitamin C: 87.03mg (105.49%), Vitamin A: 4053.56IU (81.07%), Manganese: 0.91mg (45.5%), Potassium: 1255mg (35.86%), Fiber: 8.26g (33.04%), Folate: 128.69µg (32.17%), Vitamin B6: 0.6mg (30.17%), Vitamin B1: 0.44mg (29.17%), Phosphorus: 267.2mg (26.72%), Vitamin E: 3.72mg (24.77%), Magnesium: 94mg (23.5%), Copper: 0.46mg (22.9%), Vitamin B3: 4.57mg (22.86%), Iron: 4.08mg (22.65%), Vitamin B2: 0.36mg (20.93%), Selenium: 13.04µg (18.64%), Vitamin B5: 1.53mg (15.32%), Zinc: 2.09mg (13.96%), Calcium: 109.86mg (10.99%), Vitamin D: 0.64µg (4.27%), Vitamin B12: 0.25µg (4.15%)