



Fried Green Tomato Parmesan

 Popular

READY IN



45 min.

SERVINGS



2

CALORIES



509 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup corn meal
- ☐ 1 eggs beaten ()
- ☐ 0.3 cup flour
- ☐ 2 tomatoes green sliced (1/)
- ☐ 2 cups tomatoes
- ☐ 0.5 cup mozzarella cheese grated ()
- ☐ 2 tablespoons oil
- ☐ 0.3 cup parmigiano-reggiano grated ()

☐ 2 servings salt and pepper to taste

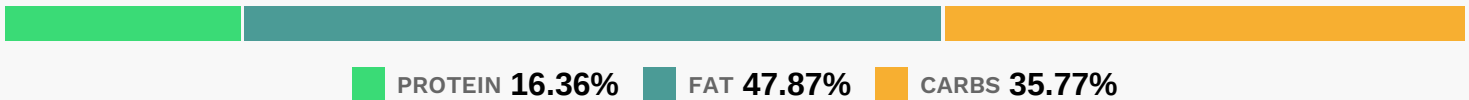
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Season the tomato slices with salt and pepper.
- ☐ Dredge the tomatoes slices in the flour, then dip them in the egg and finally dredge them in the corn meal and flour mixture.
- ☐ Fry the tomato slices in the oil until golden brown on both sides, about 1–3 minutes per side.
- ☐ Place the fried green tomato slices on the bottom of a baking pan.
- ☐ Spread the marinara sauce on top of the fried green tomato slices.
- ☐ Spread the cheese on top of the marinara sauce.
- ☐ Bake in a preheated 350F oven until the cheese is golden brown, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:121.25, Glycemic Load:21.75, Inflammation Score:-9, Nutrition Score:27.42608681969%

Nutrients (% of daily need)

Calories: 508.51kcal (25.43%), Fat: 27.88g (42.89%), Saturated Fat: 7.82g (48.87%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 39.55g (14.38%), Sugar: 14.46g (16.07%), Cholesterol: 112.46mg (37.49%), Sodium: 1779.24mg (77.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.87%), Vitamin C: 45.93mg (55.68%), Vitamin E: 6.84mg (45.6%), Vitamin A: 2256.21IU (45.12%), Phosphorus: 391.61mg (39.16%), Calcium: 355.67mg (35.57%), Selenium: 22.78µg (32.54%), Potassium: 1122.47mg (32.07%), Manganese: 0.64mg (31.83%), Vitamin B2: 0.53mg (30.91%), Fiber: 7.32g (29.27%), Vitamin K: 30.27µg (28.83%), Iron: 4.91mg (27.28%), Vitamin B6: 0.52mg (26.15%), Copper: 0.49mg (24.31%), Vitamin B3: 4.54mg (22.68%), Vitamin B1: 0.34mg (22.46%), Magnesium: 87.5mg (21.87%), Folate: 81.65µg (20.41%), Vitamin B5: 1.99mg (19.92%), Zinc: 2.8mg (18.64%), Vitamin B12: 0.98µg (16.4%), Vitamin D: 0.61µg (4.1%)