



Fried Green Tomato Salad with Balsamic Vinaigrette Dressing



Vegetarian

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

717 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon cayenne
- ☐ 4 servings coconut oil for frying
- ☐ 1.5 cups cornmeal
- ☐ 1 tablespoon dijon mustard
- ☐ 3 eggs beaten
- ☐ 0.5 cup feta cheese crumbled

- ☐ 1 cup flour all-purpose
- ☐ 2 tomatoes green sliced
- ☐ 0.5 teaspoon ground pepper plus more for seasoning
- ☐ 1 pinch salt and ground pepper
- ☐ 1 tablespoon honey
- ☐ 1 pound greens mixed
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon paprika
- ☐ 2 peaches pitted thinly sliced
- ☐ 1 teaspoon salt plus more for seasoning
- ☐ 0.3 cup slivered almonds

Equipment

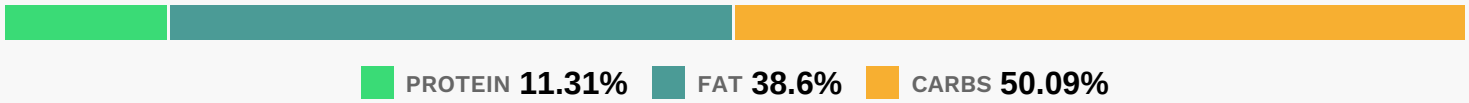
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ For the fried green tomatoes: Preheat the frying oil to 350 degrees F in a heavy-bottomed pot over medium to medium-high heat.
- ☐ In a shallow dish, combine the cornmeal, paprika, cayenne, salt and pepper and whisk together. In second shallow dish add the eggs, and in a third shallow dish add the flour. Dredge the slices of tomato into the flour, then the eggs and then the seasoned cornmeal.
- ☐ Add the breaded tomatoes to the oil, in batches if necessary, and fry until golden brown on each side, about 3 minutes.
- ☐ Remove and drain on paper towels. Season with salt and pepper.
- ☐ Whisk the vinegar, honey, mustard, salt and pepper in a bowl.
- ☐ Drizzle in the oil until emulsified.

To assemble the salad: In a salad bowl, add the greens, feta cheese, almonds and peaches.Top with the balsamic vinaigrette dressing and mix together. Plate the salad and top withfried green tomatoes.

Nutrition Facts



Properties

Glycemic Index:123.26, Glycemic Load:49.1, Inflammation Score:-9, Nutrition Score:31.585652330647%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 716.57kcal (35.83%), Fat: 31.33g (48.19%), Saturated Fat: 8.72g (54.5%), Carbohydrates: 91.45g (30.48%), Net Carbohydrates: 81.35g (29.58%), Sugar: 15.87g (17.64%), Cholesterol: 139.45mg (46.48%), Sodium: 355.26mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.29%), Manganese: 1.18mg (58.89%), Vitamin C: 44.04mg (53.38%), Vitamin A: 2560.35IU (51.21%), Selenium: 31.11µg (44.44%), Vitamin B2: 0.72mg (42.37%), Phosphorus: 417.19mg (41.72%), Fiber: 10.1g (40.41%), Folate: 157.78µg (39.44%), Vitamin B1: 0.58mg (38.74%), Vitamin E: 5.54mg (36.91%), Vitamin B6: 0.7mg (35.2%), Iron: 6.29mg (34.93%), Magnesium: 128.98mg (32.24%), Vitamin B3: 5.47mg (27.34%), Zinc: 3.8mg (25.36%), Vitamin K: 26.02µg (24.78%), Copper: 0.48mg (24.09%), Potassium: 797.14mg (22.78%), Calcium: 190.49mg (19.05%), Vitamin B5: 1.81mg (18.11%), Vitamin B12: 0.61µg (10.18%), Vitamin D: 0.74µg (4.9%)