



Fried Green Tomato Salad with Warm Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup corn kernels fresh
- ☐ 2 teaspoons parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 3 inch tomatoes green (2 tomatoes)
- ☐ 4 teaspoons olive oil divided

- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup vidalia sweet finely chopped
- ☐ 0.3 cup cornmeal yellow

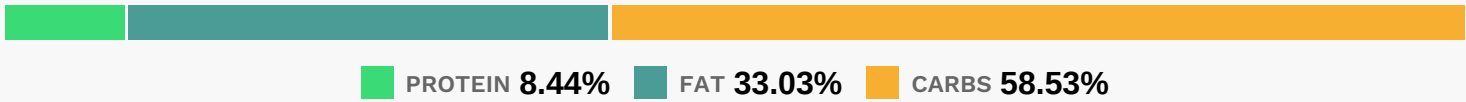
Equipment

- ☐ frying pan

Directions

- ☐ To prepare tomatoes, sprinkle the tomato slices evenly with 1/4 teaspoon salt and 1/8 teaspoon black pepper. Dredge tomato slices in cornmeal.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add 6 tomato slices to pan, and cook 2 minutes or until lightly browned. Coat tops of tomato slices with cooking spray; turn slices over. Cook for 2 minutes or until lightly browned.
- ☐ Remove from pan. Repeat procedure with the remaining 2 teaspoons olive oil, remaining 6 tomato slices, and cooking spray.
- ☐ To prepare salsa, return pan to medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and bell pepper; saut 3 minutes.
- ☐ Add corn and garlic; saut 1 minute. Stir in vinegar, 1/4 teaspoon salt, and 1/8 teaspoon black pepper.
- ☐ Remove from heat; stir in parsley.
- ☐ Serve warm salsa over tomato slices.

Nutrition Facts



Properties

Glycemic Index:61.13, Glycemic Load:6.29, Inflammation Score:-7, Nutrition Score:7.1686955742214%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 138.99kcal (6.95%), Fat: 5.37g (8.26%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 18.62g (6.77%), Sugar: 5.72g (6.36%), Cholesterol: 0mg (0%), Sodium: 156.33mg (6.8%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Vitamin C: 28.97mg (35.12%), Vitamin A: 668.19IU (13.36%), Vitamin B6: 0.23mg (11.46%), Fiber: 2.78g (11.1%), Manganese: 0.22mg (11.07%), Folate: 37.78µg (9.44%), Magnesium: 34.24mg (8.56%), Vitamin B1: 0.13mg (8.34%), Phosphorus: 80mg (8%), Potassium: 238.31mg (6.81%), Vitamin E: 0.96mg (6.41%), Vitamin B3: 1.22mg (6.1%), Iron: 0.84mg (4.68%), Zinc: 0.69mg (4.6%), Vitamin B5: 0.45mg (4.52%), Vitamin K: 4.7µg (4.48%), Copper: 0.08mg (4.14%), Vitamin B2: 0.06mg (3.4%), Selenium: 1.35µg (1.93%), Calcium: 13.58mg (1.36%)