



Fried Green Tomato Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 16 ounce bacon cooked
- ☐ 1 cup breadcrumbs dry fine
- ☐ 2 large eggs lightly beaten
- ☐ 4 large tomatoes green cut into 1/4-inch-thick slices
- ☐ 1 Dash ground pepper red
- ☐ 8 lettuce leaves
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 cup ranch dressing

- ☐ 0.5 teaspoon salt
- ☐ 8 sandwich rolls split
- ☐ 1 large onion sweet thinly sliced

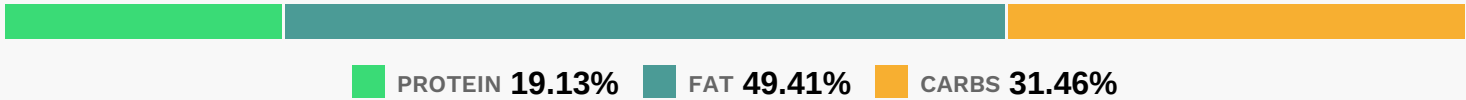
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wire rack

Directions

- ☐ Stir together first 4 ingredients in a shallow bowl.
- ☐ Dip tomato slices in egg, and dredge in breadcrumb mixture.
- ☐ Melt butter in a large skillet over medium heat. Cook tomatoes, in batches, 2 minutes on each side or until golden.
- ☐ Drain on a wire rack over paper towels.
- ☐ Layer lettuce, onion, fried green tomatoes, and bacon evenly on bottom half of each roll.
- ☐ Drizzle evenly with dressing. Cover with tops of rolls.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Pepperidge Farm Sandwich
- ☐ Rolls.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:26.736956720767%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 640.64kcal (32.03%), Fat: 34.98g (53.82%), Saturated Fat: 9.8g (61.27%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 46.58g (16.94%), Sugar: 8.32g (9.24%), Cholesterol: 106.32mg (35.44%), Sodium: 1725.27mg (75.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.47g (60.94%), Selenium: 59.78µg (85.4%), Vitamin B1: 0.82mg (54.91%), Vitamin A: 2723.63IU (54.47%), Vitamin B3: 9.89mg (49.45%), Phosphorus: 395.82mg (39.58%), Vitamin C: 27.62mg (33.48%), Vitamin B2: 0.52mg (30.53%), Manganese: 0.6mg (30.13%), Vitamin B6: 0.52mg (25.87%), Folate: 101.86µg (25.46%), Vitamin K: 24.02µg (22.87%), Iron: 4.1mg (22.8%), Potassium: 681.6mg (19.47%), Zinc: 2.87mg (19.1%), Vitamin B5: 1.72mg (17.19%), Copper: 0.3mg (15.17%), Magnesium: 57.39mg (14.35%), Fiber: 3.54g (14.14%), Calcium: 136.92mg (13.69%), Vitamin B12: 0.82µg (13.62%), Vitamin E: 1.5mg (9.98%), Vitamin D: 0.49µg (3.29%)