



Fried Green Tomato Sliders

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup carrots
- ☐ 12 slices bacon cooked
- ☐ 12 slider buns split warmed
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 cups napa cabbage shredded
- ☐ 3 tablespoons olive oil

- ☐ 1.5 cups cabbage shredded red
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 tsp sriracha hot
- ☐ 12 tomatoes green

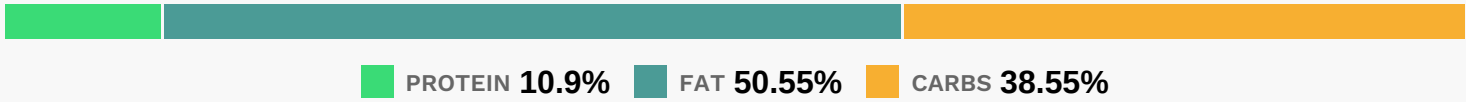
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 6 ingredients and 1/4 cup cilantro in a medium bowl. Season with salt and pepper to taste.
- ☐ Let stand 10 minutes.
- ☐ Stir together mayonnaise, sriracha, and remaining 1/4 cup cilantro.
- ☐ Spread buns with mayonnaise mixture. Top bottom halves of buns with bacon, tomatoes, and cabbage mixture. Cover with top halves of buns, mayonnaise mixture sides down.

Nutrition Facts



Properties

Glycemic Index:18.32, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:12.312174070141%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 259.62kcal (12.98%), Fat: 14.87g (22.88%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 22.15g (8.05%), Sugar: 8.77g (9.74%), Cholesterol: 11.84mg (3.95%), Sodium: 242.62mg (10.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.43%), Vitamin A: 2782.65IU (55.65%), Vitamin C: 40.17mg (48.7%), Vitamin K: 41.6µg (39.61%), Fiber: 3.37g (13.46%), Potassium: 390.56mg (11.16%), Vitamin B6: 0.21mg (10.59%), Iron: 1.8mg (10.01%), Manganese: 0.2mg (9.76%), Vitamin E: 1.43mg (9.53%), Vitamin B1: 0.14mg (9.39%), Vitamin B3: 1.66mg (8.31%), Phosphorus: 79.31mg (7.93%), Vitamin B5: 0.79mg (7.89%), Selenium: 4.93µg (7.04%), Copper: 0.14mg (6.76%), Folate: 24.63µg (6.16%), Calcium: 59.88mg (5.99%), Vitamin B2: 0.09mg (5.38%), Magnesium: 20.03mg (5.01%), Zinc: 0.43mg (2.87%), Vitamin B12: 0.1µg (1.64%)