



## Fried Green Tomato Stacks

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 6 servings garnish: basil leaf fresh
- ☐ 1 cup buttermilk
- ☐ 1.5 cups self-rising cornmeal yellow
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 garlic clove pressed
- ☐ 4 ounce goat cheese softened

- ☐ 4 large tomatoes green cut into 18 1/4-inch slices
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon paprika
- ☐ 6 servings vegetable oil; peanut oil preferred
- ☐ 1 teaspoon pepper divided
- ☐ 1.5 teaspoons salt divided
- ☐ 1 teaspoon sugar
- ☐ 3 tomatillos husked

## Equipment

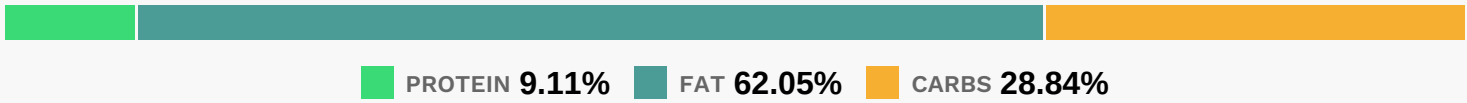
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ wire rack
- ☐ blender

## Directions

- ☐ Bring tomatillos and water to cover to a boil in a small saucepan; reduce heat, and simmer 10 minutes.
- ☐ Drain tomatillos, and cool.
- ☐ Process tomatillos, bacon drippings, garlic, 1/2 teaspoon salt, 1/2 teaspoon pepper, and paprika in a food processor or blender until smooth; stir in basil. Cover and chill until ready to serve.
- ☐ Stir together cornmeal, 3/4 teaspoon salt, and remaining 1/2 teaspoon pepper. Dip tomato slices in buttermilk; dredge in cornmeal mixture.
- ☐ Pour oil to a depth of 1/2 inch in a skillet; heat to 37
- ☐ Fry tomato slices, in batches, in hot oil 1 to 2 minutes on each side; drain on a wire rack over paper towels. Keep warm.
- ☐ Combine cream cheese, next 3 ingredients, and remaining 1/4 teaspoon salt.

Place 1 fried tomato slice on each of 6 salad plates; top each evenly with half of cream cheese mixture. Top each with 1 fried tomato slice and remaining cream cheese mixture. Top with remaining 6 fried tomato slices; drizzle with tomatillo dressing.

# Nutrition Facts



## Properties

Glycemic Index:75.27, Glycemic Load:19.28, Inflammation Score:-8, Nutrition Score:17.968260785808%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 572.04kcal (28.6%), Fat: 40.2g (61.84%), Saturated Fat: 16.07g (100.44%), Carbohydrates: 42.04g (14.01%), Net Carbohydrates: 36.45g (13.25%), Sugar: 11.03g (12.26%), Cholesterol: 57.33mg (19.11%), Sodium: 841.69mg (36.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.55%), Vitamin C: 31.08mg (37.67%), Vitamin A: 1831.39IU (36.63%), Vitamin K: 28.58µg (27.22%), Phosphorus: 270.06mg (27.01%), Manganese: 0.52mg (25.84%), Vitamin E: 3.37mg (22.46%), Vitamin B6: 0.45mg (22.44%), Fiber: 5.6g (22.38%), Vitamin B2: 0.34mg (20.2%), Copper: 0.39mg (19.66%), Magnesium: 73.05mg (18.26%), Vitamin B1: 0.25mg (16.72%), Potassium: 569.44mg (16.27%), Calcium: 153.59mg (15.36%), Vitamin B5: 1.43mg (14.33%), Iron: 2.51mg (13.92%), Zinc: 1.97mg (13.16%), Selenium: 8.59µg (12.26%), Vitamin B3: 2.12mg (10.6%), Folate: 35.49µg (8.87%), Vitamin B12: 0.38µg (6.27%), Vitamin D: 0.86µg (5.74%)