



Fried Green Tomatoes

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



773 kcal

SIDE DISH

Ingredients

- 1 cup apple cider
- 2 tablespoons neelys bbq sauce
- 1 tablespoon brown sugar
- 0.8 cup buttermilk
- 1 pinch cayenne pepper
- 4 eggs
- 0.8 cup flour all-purpose
- 1 tablespoon garlic powder

- 4 tomatoes green cut into 1/4-inch rings
- 1 juice of lime juiced
- 4 servings kosher salt and pepper black freshly ground
- 0.8 cup mayonnaise
- 2 tablespoons milk
- 4 servings oil
- 1.5 cups panko bread crumbs
- 1 pinch paprika
- 4 scallions sliced thin

Equipment

- bowl
- sauce pan
- whisk

Directions

- Watch how to make this recipe.
- In a deep-fryer, preheat oil to 350 degrees F.
- Season tomatoes, on both sides, with salt and pepper.
- Place flour and garlic powder in a shallow dish. In another shallow dish, beat eggs with the milk. In another dish, mix bread crumbs with cayenne and paprika. Dredge tomatoes through the flour, then the eggs, and then through the bread crumbs.
- Add only a few pieces to the fryer at a time, so they can cook evenly, about 2 to 3 minutes.
- In a small saucepan over medium heat, combine the apple cider and brown sugar. Allow to reduce until thick and syrupy.
- Remove from heat and allow to cool.
- In a medium bowl, add buttermilk, mayonnaise, BBQ sauce and lime juice and whisk well.
- Add in the scallions and the apple cider mixture. Cover and refrigerate until ready to serve with Fried Green Tomatoes.

Nutrition Facts

PROTEIN 7.85% FAT 61.48% CARBS 30.67%

Properties

Glycemic Index:87.69, Glycemic Load:16.8, Inflammation Score:-8, Nutrition Score:25.519130623859%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 773.48kcal (38.67%), Fat: 53.18g (81.82%), Saturated Fat: 8.69g (54.29%), Carbohydrates: 59.69g (19.9%), Net Carbohydrates: 55.94g (20.34%), Sugar: 21.29g (23.65%), Cholesterol: 187.17mg (62.39%), Sodium: 657.08mg (28.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Vitamin K: 117.96µg (112.35%), Selenium: 31.16µg (44.52%), Vitamin C: 33.91mg (41.11%), Vitamin B1: 0.55mg (36.96%), Vitamin B2: 0.58mg (34.22%), Vitamin E: 5.01mg (33.41%), Manganese: 0.62mg (30.87%), Folate: 112.7µg (28.17%), Vitamin A: 1307.8IU (26.16%), Phosphorus: 258.72mg (25.87%), Iron: 4.14mg (22.98%), Vitamin B3: 3.77mg (18.83%), Vitamin B5: 1.87mg (18.7%), Potassium: 613.26mg (17.52%), Calcium: 171.56mg (17.16%), Fiber: 3.76g (15.03%), Vitamin B6: 0.3mg (14.96%), Copper: 0.29mg (14.59%), Vitamin B12: 0.77µg (12.8%), Magnesium: 47.38mg (11.85%), Vitamin D: 1.63µg (10.88%), Zinc: 1.55mg (10.35%)