



Fried Green Tomatoes

 Vegetarian

READY IN



28 min.

SERVINGS



8

CALORIES



859 kcal

SIDE DISH

Ingredients

- ☐ 6 cups canola oil
- ☐ 1.5 cups cashew pieces
- ☐ 0.5 tablespoon cayenne pepper
- ☐ 1 tablespoon celery salt
- ☐ 0.5 cup cornmeal
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose for the cornmeal breading mix ()
- ☐ 0.3 cup cilantro leaves fresh

- ☐ 4 ounces goat cheese
- ☐ 4 medium size tomatoes green
- ☐ 1 tablespoon ground pepper black
- ☐ 0.8 cup honey
- ☐ 1 tablespoon kosher salt
- ☐ 2.5 cups milk
- ☐ 1 teaspoon onion powder
- ☐ 1 pinch paprika
- ☐ 2 large jalapeños red
- ☐ 0.3 cup vinegar white

Equipment

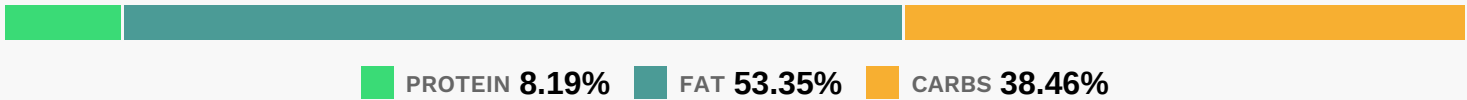
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ While preparing the dipping process for the tomatoes, heat oil in large pot until the oil reaches 350 degrees F. You will need a slotted spoon to drop the tomatoes into the hot oil. De-core and cut the ends off green tomatoes.
- ☐ Cut tomatoes 1/2-inch thick and set aside in medium bowl.
- ☐ In small bowl, set aside 1 1/2 cups all-purpose flour. In medium bowl, mix milk and eggs to create an egg wash. In large bowl, combine remaining flour, cornmeal and salt.
- ☐ Add celery salt, cayenne, pepper, onion powder, and paprika. This is the cornmeal breading mixture for the tomatoes.

- ☐ Line a sheet pan with parchment paper to place the breaded tomatoes on after final dredging. Begin the dipping process by dredging the tomatoes in the all-purpose flour, then the egg wash, and finally through the cornmeal breading mixture. Repeat this process until all the tomatoes are breaded. Once the oil has reached 350 degrees F, begin frying until golden brown. Tomatoes will float to the top when finished cooking.
- ☐ Drain on paper towels.
- ☐ Garnish with cashew relish and finish with a dollop of goat cheese.
- ☐ Clean and pick cilantro leaves off stems.
- ☐ Cut stems off jalapenos and roughly chop.
- ☐ Combine cashews, chopped jalapenos and cilantro in food processor and pulse until combined. Do not puree, it should be a rustic mix.
- ☐ Pour mixture into bowl, and add honey and vinegar and mix thoroughly.

Nutrition Facts



Properties

Glycemic Index:58.12, Glycemic Load:47.09, Inflammation Score:-8, Nutrition Score:25.630434554556%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 858.6kcal (42.93%), Fat: 52.09g (80.14%), Saturated Fat: 8.45g (52.8%), Carbohydrates: 84.49g (28.16%), Net Carbohydrates: 80.36g (29.22%), Sugar: 34.35g (38.17%), Cholesterol: 62.17mg (20.72%), Sodium: 1857.77mg (80.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.97%), Manganese: 1.02mg (50.82%), Vitamin E: 6.74mg (44.92%), Copper: 0.82mg (41.17%), Vitamin K: 43.15µg (41.1%), Vitamin B1: 0.6mg (40.04%), Selenium: 27.67µg (39.52%), Phosphorus: 378.15mg (37.82%), Vitamin B2: 0.52mg (30.38%), Iron: 5.2mg (28.88%), Magnesium: 114.47mg (28.62%), Folate: 110.8µg (27.7%), Vitamin C: 20.18mg (24.46%), Vitamin B3: 3.85mg (19.27%), Vitamin A: 950.88IU (19.02%), Zinc: 2.8mg (18.65%), Vitamin B6: 0.37mg (18.57%), Fiber: 4.13g (16.51%), Potassium: 553.41mg (15.81%), Calcium: 154.54mg (15.45%), Vitamin B5: 1.4mg (13.98%), Vitamin B12: 0.55µg (9.17%), Vitamin D: 1.15µg (7.64%)