



Fried Green Tomatoes

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

306 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 5 tomatoes green sliced
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 cup saltines crushed

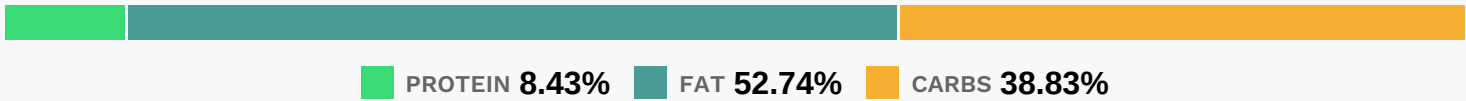
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, stir together the flour, salt and pepper.
- ☐ Place the crushed saltine crackers in another bowl, and the beaten eggs in a third bowl.
- ☐ Melt the butter in a large skillet over medium heat. Dip each tomato slice in the egg to coat, then in the flour mixture. Dip the floured tomato slice back into the egg, and then into the cracker crumbs.
- ☐ Place the coated tomato slices in the hot skillet, and fry until golden brown on each side, about 3 to 5 minutes per side.
- ☐ Add more butter to the pan, if necessary.
- ☐ Serve hot!

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:11.55, Inflammation Score:-7, Nutrition Score:11.338260868321%

Nutrients (% of daily need)

Calories: 305.62kcal (15.28%), Fat: 18.16g (27.94%), Saturated Fat: 10.44g (65.25%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 27.99g (10.18%), Sugar: 4.37g (4.86%), Cholesterol: 95.23mg (31.74%), Sodium: 653.63mg (28.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin C: 23.99mg (29.07%), Vitamin A: 1211.92IU (24.24%), Vitamin B1: 0.31mg (20.94%), Manganese: 0.39mg (19.5%), Selenium: 13.38µg (19.12%), Folate: 70.5µg (17.63%), Vitamin B2: 0.27mg (16.16%), Vitamin K: 15.29µg (14.56%), Iron: 2.44mg (13.53%), Vitamin B3: 2.52mg (12.58%), Phosphorus: 97.21mg (9.72%), Vitamin B5: 0.91mg (9.09%), Fiber: 2.1g (8.4%), Potassium: 278.42mg (7.95%), Copper: 0.15mg (7.69%), Vitamin E: 1.13mg (7.55%), Vitamin B6: 0.13mg (6.43%), Magnesium: 20.24mg (5.06%), Zinc: 0.51mg (3.4%), Calcium: 33.14mg (3.31%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.29µg (1.96%)