



Fried Green Tomatoes

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 2 large tomatoes green firm
- ☐ 1 serving salt and pepper
- ☐ 1 cup buttermilk
- ☐ 1 cup flour all-purpose
- ☐ 1 cup vegetable oil

Equipment

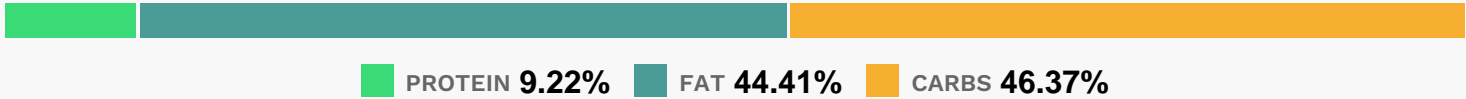
- ☐ bowl
- ☐ paper towels

- ☐ sauce pan
- ☐ colander
- ☐ deep fryer

Directions

- ☐ Cut tomatoes into thick (at least 1/4 inch) slices.
- ☐ Place tomatoes in colander; sprinkle with salt.
- ☐ Let stand about 30 minutes to pull out water. Pat tomatoes dry with paper towels.
- ☐ Pour buttermilk into shallow bowl. In separate shallow bowl, place flour; season with salt and pepper. Dip tomatoes into buttermilk, coating both sides; gently shake off excess. Dip tomatoes into flour, coating both sides; gently shake off excess.
- ☐ In deep fryer or heavy saucepan, heat oil over medium-high heat (375°F). Fry 2 tomatoes at a time in hot oil 3 to 5 minutes, turning once, until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:18.16, Inflammation Score:-7, Nutrition Score:11.48304352553%

Nutrients (% of daily need)

Calories: 268.24kcal (13.41%), Fat: 13.37g (20.58%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 29.57g (10.75%), Sugar: 6.65g (7.39%), Cholesterol: 6.6mg (2.2%), Sodium: 123.9mg (5.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.49%), Vitamin K: 29.51µg (28.1%), Vitamin C: 21.29mg (25.81%), Vitamin B1: 0.33mg (21.87%), Selenium: 13.18µg (18.83%), Vitamin B2: 0.29mg (17.29%), Folate: 68.38µg (17.09%), Manganese: 0.31mg (15.33%), Vitamin A: 683.22IU (13.66%), Vitamin B3: 2.35mg (11.77%), Phosphorus: 110.23mg (11.02%), Iron: 1.93mg (10.75%), Vitamin E: 1.3mg (8.65%), Potassium: 300.09mg (8.57%), Calcium: 85.55mg (8.55%), Vitamin B5: 0.82mg (8.2%), Fiber: 1.84g (7.38%), Copper: 0.14mg (7.1%), Magnesium: 21.98mg (5.49%), Vitamin B6: 0.11mg (5.45%), Vitamin D: 0.78µg (5.2%), Vitamin B12: 0.28µg (4.6%), Zinc: 0.51mg (3.4%)