



Fried Green Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup cornmeal
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose divided
- ☐ 3 medium size tomatoes green cut into 1/3-inch slices
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 6 servings salt to taste

☐ 6 servings vegetable oil

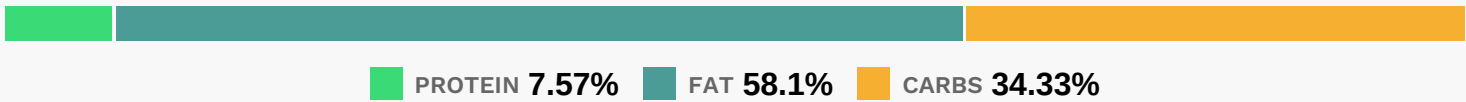
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine egg and buttermilk; set aside.
- ☐ Combine 1/4 cup all-purpose flour, cornmeal, 1 teaspoon salt, and pepper in a shallow bowl or pan.
- ☐ Dredge tomato slices in remaining 1/4 cup flour; dip in egg mixture, and dredge in cornmeal mixture.
- ☐ Pour oil to a depth of 1/4 to 1/2 inch in a large cast-iron skillet; heat to 37
- ☐ Drop tomatoes, in batches, into hot oil, and cook 2 minutes on each side or until golden.
- ☐ Drain on paper towels or a rack.
- ☐ Sprinkle hot tomatoes with salt.

Nutrition Facts



Properties

Glycemic Index:34.42, Glycemic Load:11.84, Inflammation Score:-5, Nutrition Score:8.6934782940408%

Nutrients (% of daily need)

Calories: 251.44kcal (12.57%), Fat: 16.46g (25.33%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 19.64g (7.14%), Sugar: 3.7g (4.11%), Cholesterol: 33.2mg (11.07%), Sodium: 622.97mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin K: 32.37µg (30.83%), Vitamin C: 14.39mg (17.44%), Manganese: 0.24mg (12.17%), Vitamin B1: 0.17mg (11.42%), Selenium: 7.88µg (11.26%), Vitamin E: 1.54mg (10.25%), Vitamin B2: 0.16mg (9.48%), Vitamin A: 473.74IU (9.47%), Phosphorus: 92.05mg (9.2%), Fiber: 2.25g (8.98%), Folate: 34.05µg (8.51%), Vitamin B6: 0.15mg (7.72%), Iron: 1.37mg (7.61%), Magnesium: 25.92mg (6.48%), Vitamin B5: 0.64mg (6.38%), Vitamin B3: 1.28mg (6.38%), Potassium: 220.11mg (6.29%), Copper: 0.12mg (5.8%), Zinc: 0.71mg (4.76%), Calcium: 39.12mg (3.91%), Vitamin D: 0.43µg (2.84%), Vitamin B12: 0.17µg (2.77%)