



## Fried Green Tomatoes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup canola oil
- ☐ 3 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 pound tomatoes green sliced
- ☐ 4 servings kosher salt
- ☐ 0.5 cup cornmeal yellow

### Equipment

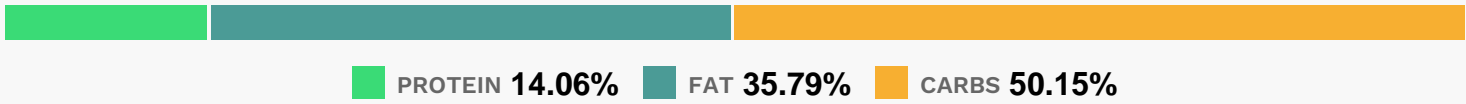
- ☐ bowl

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Place the flour, eggs, and cornmeal in 3 separate shallow bowls. Dip the tomatoes first in the flour, then in the eggs (letting any excess drip off), and finally in the cornmeal, pressing gently to help it adhere.
- ☐ Heat the oil in a large skillet over medium-high heat. Working in batches, cook the tomatoes until golden, 1 to 2 minutes per side.
- ☐ Transfer to a paper towel-lined plate. Season with 1/2 teaspoon salt before serving.

## Nutrition Facts



## Properties

Glycemic Index:35.88, Glycemic Load:17.27, Inflammation Score:-7, Nutrition Score:13.084347911503%

## Nutrients (% of daily need)

Calories: 255.97kcal (12.8%), Fat: 10.29g (15.83%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 28.9g (10.51%), Sugar: 5.01g (5.57%), Cholesterol: 122.76mg (40.92%), Sodium: 256.5mg (11.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Vitamin C: 26.54mg (32.16%), Selenium: 17.07µg (24.39%), Vitamin A: 906.22IU (18.12%), Manganese: 0.36mg (17.85%), Vitamin B1: 0.26mg (17.57%), Vitamin B2: 0.29mg (17.17%), Phosphorus: 158.69mg (15.87%), Folate: 61.07µg (15.27%), Vitamin K: 15.63µg (14.89%), Fiber: 3.54g (14.15%), Iron: 2.48mg (13.76%), Vitamin B6: 0.27mg (13.6%), Vitamin B5: 1.26mg (12.6%), Vitamin E: 1.84mg (12.27%), Potassium: 357.63mg (10.22%), Vitamin B3: 2.01mg (10.03%), Magnesium: 40.01mg (10%), Copper: 0.2mg (9.83%), Zinc: 1.23mg (8.21%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%), Calcium: 36.88mg (3.69%)