



Fried Green Tomatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 servings cornmeal yellow
- ☐ 16 oz tomatoes green (unripe)
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parsley chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 cup the salad rinsed
- ☐ 2 servings salt and pepper

☐ 16 oz tomatoes red ripe

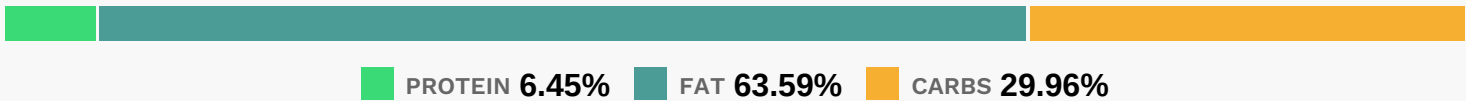
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve

Directions

- ☐ Rinse green tomatoes; cut crosswise into 1/2-inch-thick slices, discarding tops and bottoms. Lightly sprinkle both sides of slices with salt and pepper.
- ☐ Lay in a single layer on paper towels.
- ☐ Let stand 5 to 10 minutes.
- ☐ Meanwhile, cut red tomatoes in half and squeeze juice and flesh into a fine strainer set over a bowl; press enough tomato solids through strainer to make about 1/3 cup liquid.
- ☐ Coat green tomato slices in semolina flour or yellow cornmeal.
- ☐ Pour 2 tablespoons olive oil into a 10- to 12-inch nonstick frying pan over medium heat. Cook tomato slices in a single layer until golden brown on both sides, 8 to 10 minutes total. Stack slices on two dinner plates.
- ☐ Add the 1/3 cup tomato juice and solids, vinegar, and butter to pan; stir constantly over medium-high heat until butter is melted and incorporated into juices, 1 to 2 minutes.
- ☐ Add parsley and salt and pepper to taste. Spoon sauce over tomato stacks.
- ☐ Mix frise with 1 teaspoon olive oil; mound equally on tomato stacks.

Nutrition Facts



Properties

Glycemic Index:94.25, Glycemic Load:6.69, Inflammation Score:-10, Nutrition Score:23.905217301586%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 362.3kcal (18.11%), Fat: 26.88g (41.35%), Saturated Fat: 9.36g (58.52%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 22.28g (8.1%), Sugar: 15.22g (16.91%), Cholesterol: 30.1mg (10.03%), Sodium: 332.83mg (14.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.27%), Vitamin C: 91.52mg (110.93%), Vitamin A: 4090.78IU (81.82%), Vitamin K: 83.05µg (79.1%), Potassium: 1087.24mg (31.06%), Vitamin E: 4.48mg (29.86%), Manganese: 0.59mg (29.47%), Fiber: 6.22g (24.89%), Vitamin B6: 0.44mg (22.12%), Copper: 0.38mg (18.84%), Vitamin B1: 0.26mg (17.23%), Folate: 68.69µg (17.17%), Magnesium: 62.41mg (15.6%), Phosphorus: 153.95mg (15.4%), Vitamin B5: 1.44mg (14.43%), Vitamin B3: 2.87mg (14.35%), Iron: 2.47mg (13.71%), Vitamin B2: 0.16mg (9.4%), Calcium: 62.64mg (6.26%), Zinc: 0.94mg (6.24%), Selenium: 1.73µg (2.47%)