



Fried Green Tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cornmeal
- ☐ 0.3 cup flour all-purpose
- ☐ 4 medium size tomatoes green cut into 1/3-inch slices
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 8 servings vegetable oil

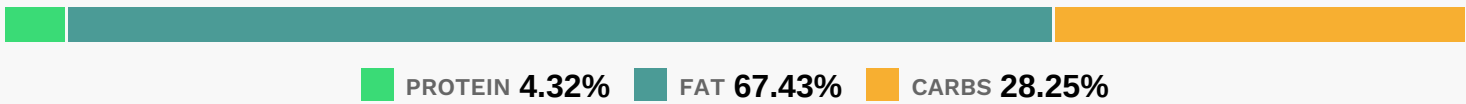
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl

Directions

- ☐ Combine cornmeal, flour, sugar, salt, and pepper in a medium mixing bowl; stir well. Dredge tomato slices in cornmeal mixture.
- ☐ Fry tomato slices, a few at a time, in 1/4 inch hot oil in a large skillet until browned, turning once.
- ☐ Drain on paper towels. Arrange on a serving platter; serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.7, Glycemic Load:6.84, Inflammation Score:-4, Nutrition Score:5.9173912768779%

Nutrients (% of daily need)

Calories: 192.37kcal (9.62%), Fat: 14.75g (22.69%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 12.17g (4.42%), Sugar: 3.13g (3.47%), Cholesterol: 0mg (0%), Sodium: 299.17mg (13.01%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin K: 32.09µg (30.56%), Vitamin C: 14.39mg (17.44%), Vitamin E: 1.42mg (9.46%), Manganese: 0.16mg (8.03%), Vitamin A: 395.17IU (7.9%), Fiber: 1.73g (6.93%), Vitamin B1: 0.1mg (6.5%), Vitamin B6: 0.11mg (5.52%), Potassium: 162.54mg (4.64%), Iron: 0.8mg (4.46%), Magnesium: 17.76mg (4.44%), Phosphorus: 43.9mg (4.39%), Copper: 0.09mg (4.31%), Folate: 16.07µg (4.02%), Vitamin B3: 0.78mg (3.92%), Vitamin B5: 0.38mg (3.85%), Vitamin B2: 0.05mg (3.14%), Selenium: 2.17µg (3.1%), Zinc: 0.38mg (2.53%)