



## Fried Green Tomatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



276 kcal

SIDE DISH

## Ingredients

- ☐ 2 eggs
- ☐ 4 large tomatoes green firm
- ☐ 1 cup ground cornmeal finely
- ☐ 6 servings kosher salt and pepper black freshly ground to taste
- ☐ 1 teaspoon paprika smoked spanish (a paprika, available at [latienda.com](https://www.latienda.com))
- ☐ 6 servings vegetable oil

## Equipment

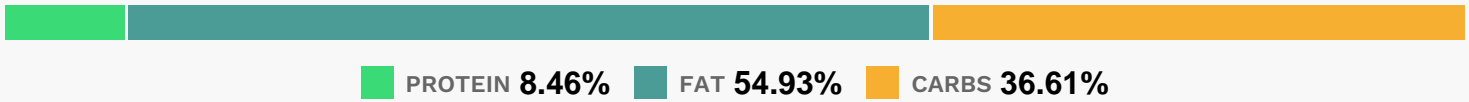
- ☐ bowl

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Sprinkle the tomato slices with the salt and pepper; set aside.
- ☐ Combine the cornmeal and paprika in a shallow bowl. In another bowl, beat the eggs.
- ☐ Cover the bottom of a heavy skillet with 1/2 inch of oil, then place it over medium-high heat.
- ☐ Coat the tomato slices in the egg, then dredge them in the cornmeal mixture.
- ☐ Fry as many tomatoes as fit comfortably in the pan until nicely browned, about 2 minutes a side.
- ☐ Transfer them to a paper towel-lined platter. Repeat until all the tomatoes are cooked.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:11.55, Inflammation Score:-7, Nutrition Score:11.701304186945%

## Nutrients (% of daily need)

Calories: 275.59kcal (13.78%), Fat: 17.24g (26.53%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 21.89g (7.96%), Sugar: 5.36g (5.95%), Cholesterol: 54.56mg (18.19%), Sodium: 37.91mg (1.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin K: 38.53µg (36.69%), Vitamin C: 28.4mg (34.42%), Vitamin A: 1022.89IU (20.46%), Fiber: 3.97g (15.87%), Manganese: 0.31mg (15.67%), Vitamin B6: 0.29mg (14.35%), Vitamin E: 1.96mg (13.04%), Phosphorus: 123.84mg (12.38%), Magnesium: 43.01mg (10.75%), Vitamin B1: 0.16mg (10.62%), Potassium: 362.02mg (10.34%), Vitamin B5: 1mg (9.99%), Iron: 1.75mg (9.73%), Selenium: 6.6µg (9.43%), Copper: 0.19mg (9.38%), Vitamin B2: 0.14mg (8.5%), Zinc: 1.11mg (7.41%), Folate: 27µg (6.75%), Vitamin B3: 1.31mg (6.53%), Calcium: 26.78mg (2.68%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)