



Fried Green Tomatoes

READY IN



30 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup self-rising cornmeal mix
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 3 medium size tomatoes green firm cut into 1/3-inch-thick slices (1 1/4 lb.)
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 6 servings vegetable oil

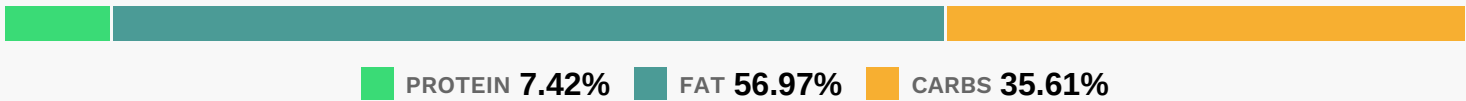
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Whisk together egg and buttermilk.
- ☐ Combine cornmeal mix, salt, pepper, and 1/4 cup flour in a shallow dish. Dredge tomato slices in remaining 1/4 cup flour; dip in egg mixture, and dredge in cornmeal mixture.
- ☐ Pour oil to a depth of 1/2 inch in a large cast-iron skillet; heat to 375 over medium-high heat. Drop tomatoes, in batches, into hot oil, and cook 2 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Sprinkle hot tomatoes with salt to taste.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:6.07, Inflammation Score:-6, Nutrition Score:9.609999957292%

Nutrients (% of daily need)

Calories: 249.86kcal (12.49%), Fat: 16.09g (24.75%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 20.74g (7.54%), Sugar: 3.5g (3.88%), Cholesterol: 33.2mg (11.07%), Sodium: 421.72mg (18.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.43%), Vitamin K: 32.35µg (30.81%), Vitamin C: 14.39mg (17.44%), Folate: 66.94µg (16.74%), Vitamin B1: 0.23mg (15.51%), Phosphorus: 154.46mg (15.45%), Vitamin B2: 0.21mg (12.36%), Manganese: 0.23mg (11.53%), Vitamin A: 514.4IU (10.29%), Selenium: 7.08µg (10.12%), Vitamin E: 1.49mg (9.92%), Iron: 1.67mg (9.28%), Vitamin B3: 1.69mg (8.43%), Calcium: 80.44mg (8.04%), Fiber: 1.89g (7.57%), Vitamin B6: 0.13mg (6.54%), Vitamin B5: 0.61mg (6.13%), Potassium: 206.69mg (5.91%), Copper: 0.1mg (5.17%), Magnesium: 19.38mg (4.85%), Zinc: 0.5mg (3.33%), Vitamin D: 0.43µg (2.84%), Vitamin B12: 0.17µg (2.77%)