



Fried Green Tomatoes



Vegetarian



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

Ingredients

- ☐ 3 medium tomatoes green firm
- ☐ 4 servings salt
- ☐ 1 cup flour all-purpose
- ☐ 1 Tbsp cajun spice
- ☐ 0.5 cup milk
- ☐ 1 eggs
- ☐ 0.3 cup cornmeal
- ☐ 0.5 cup bread crumbs dry fine

☐ 0.3 cup olive oil extra virgin

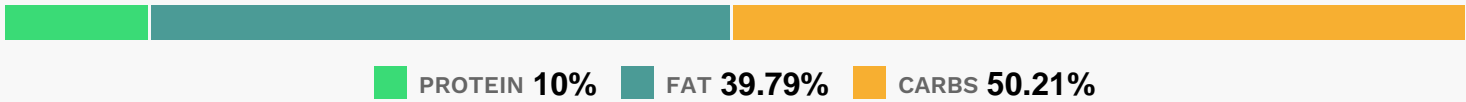
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cut unpeeled tomatoes into 1/2 inch slices.
- ☐ Sprinkle slices with salt.
- ☐ Let tomato slices stand for 5 minutes.
- ☐ Set out shallow bowls with coating ingredients: While the salted green tomato slices are resting, place in separate shallow bowls: the flour and Cajun seasoning (if using), buttermilk and egg, and breadcrumbs and cornmeal.
- ☐ Heat the peanut oil in a skillet on medium heat. Beat the egg and the buttermilk together. Dip the green tomato slices in the flour-seasoning mix, then the buttermilk-egg mixture, then the cornmeal-breadcrumb mix.
- ☐ Fry the green tomatoes: In the skillet, fry half of the coated tomato slices at a time, for 3-5 minutes on each side or until brown.
- ☐ Set the cooked tomatoes on paper towels to drain. These fried green tomatoes are fantastic with a little Tabasco sauce or remoulade.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:23.52, Inflammation Score:-8, Nutrition Score:16.698695638905%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 397.64kcal (19.88%), Fat: 17.74g (27.3%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 50.39g (16.8%), Net Carbohydrates: 46.08g (16.76%), Sugar: 6.5g (7.22%), Cholesterol: 44.22mg (14.74%), Sodium: 354.3mg (15.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Vitamin B1: 0.5mg (33%), Vitamin A: 1538.46IU (30.77%), Selenium: 19.75µg (28.22%), Manganese: 0.55mg (27.31%), Vitamin C: 21.6mg (26.18%), Folate: 91.94µg (22.99%), Vitamin B2: 0.38mg (22.4%), Iron: 3.61mg (20.04%), Vitamin E: 3mg (20.03%), Vitamin K: 19.94µg (18.99%), Vitamin B3: 3.74mg (18.68%), Fiber: 4.3g (17.22%), Phosphorus: 164.29mg (16.43%), Vitamin B6: 0.25mg (12.44%), Copper: 0.22mg (11.1%), Potassium: 385.37mg (11.01%), Magnesium: 43.43mg (10.86%), Vitamin B5: 1.08mg (10.77%), Calcium: 86.99mg (8.7%), Zinc: 1.22mg (8.13%), Vitamin B12: 0.28µg (4.72%), Vitamin D: 0.61µg (4.07%)