



Fried Green Tomatoes I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- 1 cup cornmeal
- 4 servings salt and pepper to taste
- 5 tomatoes sliced
- 0.5 cup vegetable oil

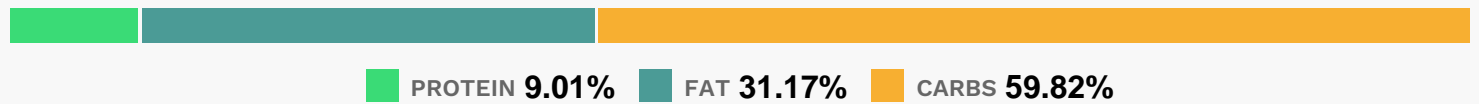
Equipment

- frying pan
- wax paper

Directions

- Wash and dry each tomato slice.
- Sprinkle cornmeal on a piece of wax paper or a large flat surface. Dip each tomato slice into the cornmeal and pat gently until cornmeal covers the surface; turn slice over and coat the other side.
- Heat the oil in a large frying pan over medium heat.
- Add tomato slices, and fry for 2 to 3 minutes on each side, until golden brown. Season with salt and pepper to taste.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:18.86, Inflammation Score:-8, Nutrition Score:11.153478311456%

Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 228.49kcal (11.42%), Fat: 8.09g (12.45%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 29.38g (10.68%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 203.07mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin A: 1280.74IU (25.61%), Vitamin C: 21.06mg (25.53%), Fiber: 5.58g (22.33%), Manganese: 0.43mg (21.53%), Vitamin K: 22.25µg (21.19%), Vitamin B6: 0.36mg (17.88%), Magnesium: 59.45mg (14.86%), Potassium: 492.42mg (14.07%), Phosphorus: 126.34mg (12.63%), Vitamin B1: 0.18mg (11.74%), Zinc: 1.49mg (9.96%), Vitamin E: 1.42mg (9.49%), Vitamin B3: 1.9mg (9.48%), Copper: 0.19mg (9.35%), Folate: 36.58µg (9.14%), Iron: 1.61mg (8.92%), Vitamin B2: 0.07mg (3.89%), Vitamin B5: 0.37mg (3.73%), Selenium: 2.39µg (3.41%), Calcium: 17.88mg (1.79%)