



Fried Green Tomatoes II

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

Ingredients

- 0.3 cup bread crumbs
- 1 pound tomatoes green sliced
- 0.1 teaspoon ground pepper black
- 0.3 teaspoon salt
- 0.3 cup vegetable oil
- 0.5 teaspoon sugar white

Equipment

- frying pan

paper towels

Directions

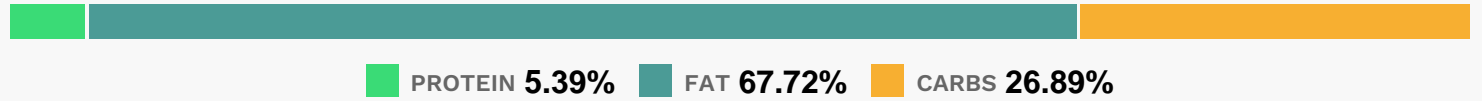
Stir together bread crumbs, sugar, salt and pepper.

Coat tomatoes in the crumb mixture.

Heat oil in a large frying pan over medium-high heat. Fry tomatoes for 2 minutes on each side.

Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:7.9695652308671%

Nutrients (% of daily need)

Calories: 184.16kcal (9.21%), Fat: 14.33g (22.05%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 11.13g (4.05%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 225.98mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin K: 37.21µg (35.43%), Vitamin C: 26.54mg (32.16%), Vitamin A: 728.36IU (14.57%), Vitamin E: 1.55mg (10.36%), Vitamin B1: 0.16mg (10.34%), Manganese: 0.2mg (10.22%), Potassium: 249.84mg (7.14%), Fiber: 1.67g (6.67%), Copper: 0.13mg (6.3%), Vitamin B5: 0.62mg (6.18%), Vitamin B3: 1.16mg (5.82%), Iron: 1.02mg (5.69%), Vitamin B6: 0.1mg (5.15%), Folate: 19.85µg (4.96%), Vitamin B2: 0.08mg (4.81%), Phosphorus: 46.7mg (4.67%), Selenium: 2.73µg (3.9%), Magnesium: 15.32mg (3.83%), Calcium: 31.58mg (3.16%), Zinc: 0.21mg (1.41%)