



Fried Green Tomatoes with Basil Mayonnaise

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 1 tablespoon dijon mustard (see)
- ☐ 0.8 cup flour all-purpose
- ☐ 2 cups basil leaves fresh loosely packed
- ☐ 6 tomatoes green hard sliced
- ☐ 1 Dash hot sauce
- ☐ 6 servings kosher salt

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 1.5 cups japanese panko bread crumbs
- ☐ 6 servings vegetable oil for frying
- ☐ 0.8 cup cornmeal yellow

Equipment

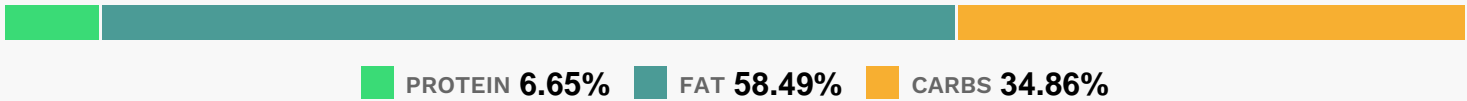
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Season the tomatoes with salt and pepper.
- ☐ Place the flour on a plate.
- ☐ Whisk together the buttermilk and hot sauce in a shallow bowl or a pie tin.
- ☐ Whisk together the cornmeal and panko bread crumbs in a separate pie tin.
- ☐ Working with one green-tomato slice at a time, coat the tomato first in flour (knocking off excess), then in the buttermilk, then finally in the cornmeal-bread crumb mixture.
- ☐ Transfer the breaded slice to a baking sheet, and repeat with the remaining slices.
- ☐ Preheat the oven to 200°F. Line a second baking sheet with paper towels.
- ☐ Heat 3/4 inch of vegetable oil in a medium skillet to 350°F. Working in batches, fry the tomato slices until golden brown, about 2 minutes per side. Using a slotted spoon, transfer the cooked tomatoes to the prepared baking sheet, and sprinkle with salt and pepper. Keep the cooked tomatoes in the warm oven while you fry the remaining slices.
- ☐ Serve the tomatoes warm, with a generous dollop of Basil Mayonnaise.

- ☐ Basil Mayonnaise
- ☐ Pulse the basil, mayonnaise, lemon juice, and mustard in a food processor fitted with a metal blade until smooth, then transfer to small bowl. Season with salt and pepper.
- ☐ The Basil Mayonnaise can be made 1 day ahead. Cover and refrigerate.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Down Home with the Neelys by Patrick and Gina Neely Copyright (c) 2009 by Patrick and Gina Neely Published by Knopf. Patrick and Gina Neely are owners of Neely's Bar-B-Que in Memphis and hosts of several Food Network shows, including the series Down Home with the Neelys, one of the highest-rated programs to debut on the popular Food Network. High school sweethearts who reconciled at their ten-year reunion, they have been married since 199
- ☐ They live in Memphis with their two daughters. Paula Disbrowe collaborated with Susan Spicer on Crescent City Cooking and is the author of Cowgirl Cuisine.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:17.91, Inflammation Score:-8, Nutrition Score:19.514782636062%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 522.67kcal (26.13%), Fat: 34.23g (52.66%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 41.32g (15.03%), Sugar: 8.07g (8.96%), Cholesterol: 18.98mg (6.33%), Sodium: 617.58mg (26.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Vitamin K: 112.99µg (107.61%), Vitamin C: 32.18mg (39.01%), Manganese: 0.61mg (30.74%), Vitamin B1: 0.43mg (28.51%), Vitamin A: 1288.08IU (25.76%), Selenium: 13.61µg (19.45%), Fiber: 4.59g (18.38%), Folate: 72.47µg (18.12%), Iron: 3.07mg (17.04%), Phosphorus: 161.86mg (16.19%), Vitamin B2: 0.27mg (16.04%), Vitamin B3: 3.14mg (15.71%), Vitamin E: 2.12mg (14.12%), Vitamin B6: 0.27mg (13.62%), Copper: 0.27mg (13.45%), Magnesium: 53.62mg (13.41%), Potassium: 442.9mg (12.65%), Vitamin B5: 1.09mg (10.95%), Calcium: 101.06mg (10.11%), Zinc: 1.28mg (8.56%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.46µg (3.1%)