



Fried Green Tomatoes With Bread-and-Butter Pickle Rémoulade

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



522 kcal

SIDE DISH

Ingredients

- ☐ 8 servings bread fresh
- ☐ 8 servings bread
- ☐ 1.5 cups buttermilk
- ☐ 1 tablespoon creole seasoning
- ☐ 2 cups flour all-purpose divided
- ☐ 4 large tomatoes green
- ☐ 8 servings vegetable oil; peanut oil preferred

- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 1 cup cornmeal plain white

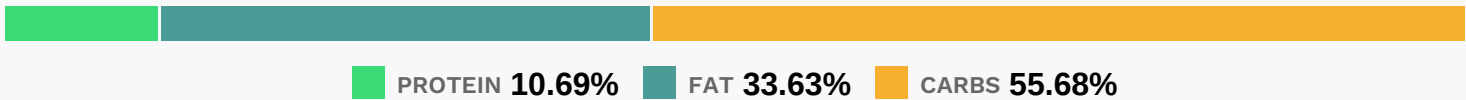
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 20
- ☐ Cut tomatoes into 1/4-inch-thick slices.
- ☐ Sprinkle both sides of tomatoes evenly with salt and pepper.
- ☐ Pour buttermilk into a shallow dish or pie plate. Stir together cornmeal, Creole seasoning, and 1 cup flour in another shallow dish or pie plate.
- ☐ Dredge tomatoes in remaining 1 cup flour. Dip tomatoes in buttermilk, and dredge in cornmeal mixture.
- ☐ Pour oil to a depth of 2 inches in a large cast-iron skillet; heat over medium heat to 35
- ☐ Fry tomatoes, in batches, 2 to 3 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Transfer to a wire rack; keep warm in a 200 oven until ready to serve.
- ☐ Sprinkle with salt to taste.
- ☐ Serve with Bread-and-Butter Pickle Rmoulade.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:35.92, Glycemic Load:32.31, Inflammation Score:-8, Nutrition Score:21.217391252518%

Nutrients (% of daily need)

Calories: 521.5kcal (26.07%), Fat: 19.63g (30.2%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 73.13g (24.38%), Net Carbohydrates: 66.74g (24.27%), Sugar: 9.49g (10.54%), Cholesterol: 4.95mg (1.65%), Sodium: 906.99mg (39.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.08%), Manganese: 1.15mg (57.39%), Selenium: 28.82µg (41.17%), Vitamin B1: 0.62mg (41.01%), Folate: 122.29µg (30.57%), Vitamin B3: 6.08mg (30.42%), Iron: 4.78mg (26.55%), Vitamin C: 21.88mg (26.53%), Vitamin B2: 0.44mg (26.04%), Fiber: 6.39g (25.54%), Phosphorus: 227.6mg (22.76%), Vitamin E: 2.96mg (19.75%), Vitamin A: 921.02IU (18.42%), Magnesium: 69.67mg (17.42%), Vitamin B5: 1.72mg (17.2%), Vitamin B6: 0.3mg (14.89%), Calcium: 142.85mg (14.28%), Copper: 0.27mg (13.53%), Potassium: 462.86mg (13.22%), Vitamin K: 13.25µg (12.62%), Zinc: 1.7mg (11.34%), Vitamin D: 0.58µg (3.9%), Vitamin B12: 0.21µg (3.45%)