



Fried Green Tomatoes with Garlicky Rémoulade

 Vegetarian

READY IN



22 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons canola oil
- 1 large eggs
- 0.5 cup flour all-purpose
- 1.5 teaspoons chives fresh chopped
- 1 teaspoon garlic minced
- 3 inch tomatoes green (3 medium tomatoes)

- 0.3 teaspoon kosher salt
- 2 teaspoons juice of lemon fresh
- 1 cup buttermilk 1% low-fat divided
- 2.5 tablespoons canola mayonnaise
- 0.7 cup cornmeal yellow

Equipment

- frying pan
- whisk
- wire rack

Directions

- Sprinkle both sides of tomato slices evenly with salt and pepper.
- Combine 1 cup buttermilk and egg in a shallow dish, stirring with a whisk.
- Place flour in a shallow dish.
- Place cornmeal in a shallow dish.
- Dredge tomato slices lightly in flour; shake off excess flour. Dip tomato slices in egg mixture; dredge in cornmeal.
- Heat a large nonstick skillet over medium-high heat 2 minutes.
- Add 1 tablespoon oil to pan; swirl to coat. Cook 6 tomato slices 2 to 3 minutes or until lightly browned on bottom. Spray tops with cooking spray; turn tomatoes, and cook 3 minutes or until lightly browned.
- Remove from pan; place on a wire rack. Repeat procedure with remaining oil and tomato slices.
- Combine 2 tablespoons buttermilk, mayonnaise, and next 3 ingredients (through garlic), stirring with a whisk.
- Serve with tomatoes.

Nutrition Facts



PROTEIN 9.8% FAT 47.32% CARBS 42.88%

Properties

Glycemic Index:50.08, Glycemic Load:13.51, Inflammation Score:-2, Nutrition Score:6.4352173494256%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 216.28kcal (10.81%), Fat: 11.4g (17.55%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 21.25g (7.73%), Sugar: 2.39g (2.65%), Cholesterol: 35.05mg (11.68%), Sodium: 206.18mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.63%), Vitamin K: 13.77µg (13.12%), Selenium: 8.17µg (11.67%), Phosphorus: 105.86mg (10.59%), Manganese: 0.21mg (10.47%), Vitamin B1: 0.15mg (10.32%), Vitamin B2: 0.17mg (10.03%), Folate: 32.02µg (8%), Fiber: 2g (7.99%), Vitamin E: 1.2mg (7.97%), Vitamin B6: 0.15mg (7.28%), Magnesium: 27.26mg (6.81%), Iron: 1.22mg (6.77%), Zinc: 0.92mg (6.1%), Calcium: 55.99mg (5.6%), Vitamin B3: 1.09mg (5.47%), Potassium: 149.28mg (4.27%), Vitamin B5: 0.41mg (4.12%), Copper: 0.07mg (3.69%), Vitamin B12: 0.17µg (2.82%), Vitamin C: 1.64mg (1.99%), Vitamin A: 87.23IU (1.74%), Vitamin D: 0.18µg (1.19%)