



Fried Green Tomatoes With Ravigote Sauce

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



441 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter divided
- 1.5 tablespoons capers drained chopped
- 2 tablespoons dijon mustard
- 0.5 teaspoon tarragon dried
- 2 teaspoons thyme dried
- 1 large eggs
- 1 cup flour all-purpose
- 1 tablespoon parsley fresh chopped

- 12 slices tomatoes green firm
- 1 teaspoon kosher salt divided
- 1 tablespoon juice of lemon fresh
- 1 cup mayonnaise
- 4 tablespoons olive oil divided
- 1.5 teaspoons paprika
- 8 servings parsley fresh
- 1 tablespoon hot sauce hot
- 2 tablespoons hot sauce hot
- 0.5 cup bell pepper red minced
- 1 cup milk whole
- 0.5 cup cornmeal yellow

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- whisk
- baking pan

Directions

- Mix first 8 ingredients in small bowl. Cover and refrigerate for at least one hour.
- Place tomatoes in single layer in large baking dish.
- Drizzle with 2 tablespoons hot sauce.
- Sprinkle with 1/2 tsp coarse kosher salt. Turn tomatoes several times to coat in hot sauce.
- Let stand 20 minutes at room temperature.
- Mix flour, cornmeal, thyme, paprika, and 1/2 teaspoons coarse kosher salt in shallow bowl.

- Whisk egg and milk in medium bowl. Dip 1 tomato slice in egg mixture, then dredge in flour mixture, turning to coat.
- Transfer to baking sheet. Repeat with remaining tomato slices. Melt 2 tablespoons butter with 2 tablespoons oil in heavy large nonstick skillet over medium high heat.
- Add 6 tomato slices and cook until golden brown, about 2 minutes per side.
- Transfer to paper towels to drain. Repeat with remaining butter, oil, and tomato slices. Overlap 2 tomato slices on each plate. Top each with 1 tablespoons sauce.
- Garnish with parsley and serve.

Nutrition Facts

PROTEIN 5.05%

FAT 73.32%

CARBS 21.63%

Properties

Glycemic Index: 61.81, Glycemic Load: 13.79, Inflammation Score: -8, Nutrition Score: 15.046521746594%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 441.38kcal (22.07%), Fat: 36.29g (55.83%), Saturated Fat: 8.78g (54.9%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 21.6g (7.85%), Sugar: 3.69g (4.1%), Cholesterol: 53.72mg (17.91%), Sodium: 753.72mg (32.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Vitamin K: 132.94µg (126.61%), Vitamin C: 29.57mg (35.84%), Vitamin A: 1351.74IU (27.03%), Vitamin E: 2.67mg (17.82%), Selenium: 10.58µg (15.11%), Vitamin B1: 0.21mg (14.3%), Manganese: 0.28mg (13.93%), Folate: 52.83µg (13.21%), Iron: 2.24mg (12.46%), Vitamin B2: 0.21mg (12.07%), Phosphorus: 110.36mg (11.04%), Fiber: 2.49g (9.97%), Vitamin B6: 0.18mg (8.83%), Vitamin B3: 1.61mg (8.07%), Magnesium: 29.58mg (7.39%), Potassium: 245.82mg (7.02%), Calcium: 69.36mg (6.94%), Vitamin B5: 0.62mg (6.19%), Zinc: 0.84mg (5.58%), Copper: 0.11mg (5.4%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.52µg (3.44%)