



Fried green tomatoes with ripe tomato salsa



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

Ingredients

- ☐ 4 tbsp flour plain
- ☐ 200 g polenta
- ☐ 2 eggs
- ☐ 4 large tomatoes green thick sliced
- ☐ 4 servings vegetable oil for frying
- ☐ 2 medium tomatoes ripe finely chopped
- ☐ 2 spring onion finely chopped
- ☐ 1 handful mint leaves finely chopped

- ☐ 1 to 2 chilies slit green deseeded finely chopped
- ☐ 2 tbsp juice of lime

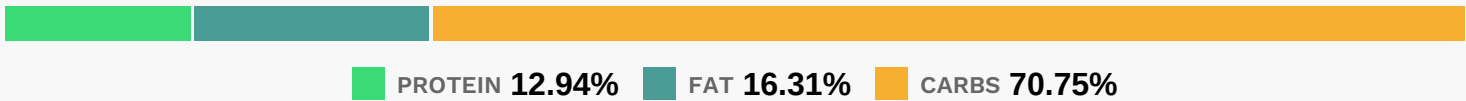
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Sprinkle the flour over a plate.
- ☐ Place polenta into a medium bowl, season and mix well.
- ☐ Place eggs in a small bowl and beat. Lightly coat a green tomato slice first in the flour, dusting off any excess, dip in the egg, then coat in polenta. Repeat with remaining slices.
- ☐ Heat a shallow pool of oil in a large frying pan. Fry the coated tomatoes in batches until golden and crisp on both sides, turning them over with a fish slice. As they are done, drain well on kitchen paper and keep warm in a low oven while you fry remaining batches.
- ☐ To make the salsa, mix all the ingredients together in a small bowl, then season with salt and pepper.
- ☐ Serve the fried green tomatoes hot, with the salsa spooned over.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:4.86, Inflammation Score:-9, Nutrition Score:17.484782467718%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 329.47kcal (16.47%), Fat: 6.08g (9.35%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 59.33g (19.78%), Net Carbohydrates: 54.95g (19.98%), Sugar: 9.96g (11.07%), Cholesterol: 81.84mg (27.28%), Sodium: 97.51mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.7%), Vitamin C: 56.06mg (67.95%), Vitamin A: 2012.58IU (40.25%), Vitamin K: 41.09µg (39.14%), Selenium: 18.57µg (26.53%), Manganese: 0.39mg (19.26%), Potassium: 654.95mg (18.71%), Vitamin B1: 0.27mg (18.04%), Fiber: 4.38g (17.52%), Vitamin B5: 1.59mg (15.94%), Vitamin B6: 0.32mg (15.93%), Phosphorus: 157.88mg (15.79%), Vitamin B2: 0.25mg (14.74%), Folate: 57.9µg (14.48%), Iron: 2.47mg (13.75%), Copper: 0.27mg (13.73%), Vitamin B3: 2.39mg (11.97%), Magnesium: 45.35mg (11.34%), Vitamin E: 1.54mg (10.25%), Zinc: 0.81mg (5.43%), Calcium: 52.06mg (5.21%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)