



Fried Green Tomatoes With Roasted Red Pepper Rémoulade and Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

SIDE DISH

Ingredients

- ☐ 2 cups japanese breadcrumbs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 ounces goat cheese crumbled
- ☐ 3 tomatoes green cut into 1/4-inch-thick slices
- ☐ 0.3 teaspoon pepper
- ☐ 4 servings roasted pepper rémoulade red

- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper to taste
- ☐ 4 servings vegetable oil
- ☐ 4 servings seasoned batter mix

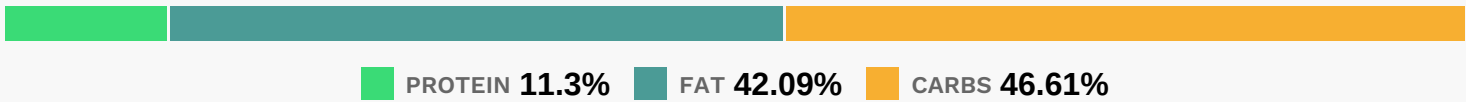
Equipment

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

Directions

- ☐ Combine first 3 ingredients in a shallow dish or pan; set aside.
- ☐ Prepare 1 cup seasoned batter according to package directions; set aside.
- ☐ Place breadcrumbs in a shallow dish.
- ☐ Sprinkle tomatoes evenly with salt and pepper to taste. Dredge tomato slices in flour mixture, dip in batter, and dredge in breadcrumbs.
- ☐ Pour oil to a depth of 2 inches in a large nonstick skillet; heat over medium high to 360; fry tomatoes, in batches, 2 minutes on each side or until golden.
- ☐ Drain on a wire rack over paper towels.
- ☐ Place tomatoes on individual serving plates; drizzle evenly with 1/2 cup Roasted Red Pepper Rmoulade, and sprinkle with cheese and parsley.
- ☐ Serve immediately with remaining rmoulade.
- ☐ Note: For testing purposes only, we used Old Bay Better Batter Seasoned Batter
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:17.3, Inflammation Score:-8, Nutrition Score:19.961304366589%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 438.87kcal (21.94%), Fat: 20.6g (31.69%), Saturated Fat: 5.68g (35.48%), Carbohydrates: 51.34g (17.11%), Net Carbohydrates: 47.96g (17.44%), Sugar: 5.86g (6.51%), Cholesterol: 9.78mg (3.26%), Sodium: 813.25mg (35.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.89%), Vitamin K: 99.22µg (94.5%), Vitamin B1: 0.61mg (40.62%), Vitamin C: 27.04mg (32.77%), Manganese: 0.63mg (31.36%), Selenium: 19.13µg (27.33%), Folate: 106.02µg (26.51%), Vitamin B2: 0.4mg (23.36%), Vitamin A: 1133.67IU (22.67%), Iron: 4.03mg (22.41%), Vitamin B3: 4.44mg (22.22%), Copper: 0.37mg (18.45%), Phosphorus: 166.08mg (16.61%), Fiber: 3.38g (13.5%), Calcium: 107.79mg (10.78%), Vitamin E: 1.61mg (10.71%), Vitamin B5: 0.93mg (9.25%), Vitamin B6: 0.18mg (9.17%), Potassium: 309.95mg (8.86%), Magnesium: 34.61mg (8.65%), Zinc: 0.96mg (6.39%), Vitamin B12: 0.15µg (2.42%)