



Fried Green Tomatoes with Shrimp and Remoulade Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



963 kcal

SIDE DISH

Ingredients

- ☐ 2 cups breadcrumbs italian
- ☐ 2 tablespoons crab boil seasoning dry such as zatarain's
- ☐ 1.5 tablespoons dijon mustard such as zatarain's
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tomatoes green sliced
- ☐ 1 scant tablespoon horseradish prepared
- ☐ 0.3 cup hot sauce such as louie's all spiced up sauce

- ☐ 1.3 cups hot sauce such as louie's all spiced up sauce
- ☐ 2 dashes hot sauce such as louie's all spiced up sauce
- ☐ 1 juice of lemon
- ☐ 1 optional: lemon sliced
- ☐ 4 servings lettuce shredded for serving
- ☐ 0.5 cup mayonnaise blue (preferably Plate)
- ☐ 1 onion sliced
- ☐ 1 tablespoon dressing mix dry italian
- ☐ 8 large shrimp
- ☐ 3 cups vegetable oil
- ☐ 1 cup milk whole
- ☐ 1 teaspoon worcestershire sauce

Equipment

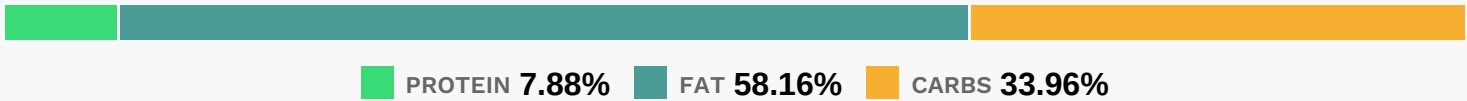
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat the oil in a deep frying pan or cast iron skillet to 350 degrees F.
- ☐ Beat the eggs, milk, and hot sauce in a shallow dish.
- ☐ Put the flour and breadcrumbs in 2 separate shallow dishes. Dip the tomato slices in the flour, then the egg wash, and then the breadcrumbs.
- ☐ Transfer to the oil and fry until golden brown, 1 to 2 minutes.
- ☐ Drain on paper towels and keep warm until ready to serve.
- ☐ For the shrimp: Bring the water to a boil and add the crab boil, onions, lemons, and hot sauce. Stir and add the shrimp. Boil until the shrimp turn pink. Peel.
- ☐ Combine the mayonnaise, mustard, horseradish, lemon juice, Worcestershire sauce, and hot sauce.
- ☐ To serve: Line a plate with shredded lettuce.

Add 2 slices fried green tomatoes. Top each tomato with 1 boiled shrimp. Fill a squeeze bottle with the remoulade sauce and drizzle decoratively.

Nutrition Facts



Properties

Glycemic Index:89.13, Glycemic Load:20.56, Inflammation Score:-9, Nutrition Score:35.239565268807%

Flavonoids

Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 962.52kcal (48.13%), Fat: 62.96g (96.86%), Saturated Fat: 11.17g (69.83%), Carbohydrates: 82.71g (27.57%), Net Carbohydrates: 75.63g (27.5%), Sugar: 14.74g (16.38%), Cholesterol: 112.08mg (37.36%), Sodium: 3148.86mg (136.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.38%), Vitamin K: 157.8µg (150.28%), Vitamin C: 104.02mg (126.09%), Vitamin B1: 0.96mg (64.33%), Manganese: 1.16mg (58.12%), Selenium: 37.67µg (53.82%), Folate: 178.34µg (44.58%), Vitamin B2: 0.72mg (42.42%), Iron: 6.81mg (37.83%), Vitamin B3: 6.36mg (31.81%), Phosphorus: 312.44mg (31.24%), Vitamin E: 4.63mg (30.89%), Fiber: 7.07g (28.3%), Calcium: 265.88mg (26.59%), Vitamin A: 1305.53IU (26.11%), Vitamin B6: 0.48mg (24.16%), Potassium: 778.77mg (22.25%), Copper: 0.36mg (18.1%), Magnesium: 71.61mg (17.9%), Vitamin B5: 1.7mg (17.02%), Zinc: 2.09mg (13.95%), Vitamin B12: 0.77µg (12.91%), Vitamin D: 1.23µg (8.18%)