



Fried Green Tomatoes with Shrimp and Remoulade Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



949 kcal

SIDE DISH

Ingredients

- ☐ 2 cups breadcrumbs italian
- ☐ 2 tablespoons crab boil seasoning dry
- ☐ 1 ounce dijon mustard
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 slices tomatoes green
- ☐ 0.5 ounce horseradish
- ☐ 2 slashes hot sauce (recommended: Tabasco)

- ☐ 2 ounces hot sauce (recommended: Crystal)
- ☐ 10 ounces hot sauce (recommended: Crystal)
- ☐ 1 optional: lemon sliced
- ☐ 0.5 ounce juice of lemon
- ☐ 4 servings lettuce shredded for serving
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup milk
- ☐ 1 onion sliced
- ☐ 8 large shrimp
- ☐ 3 cups vegetable oil
- ☐ 4 cups water
- ☐ 1 teaspoon worcestershire sauce

Equipment

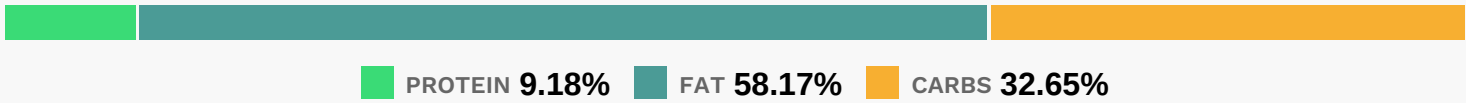
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ 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:78.63, Glycemic Load:20.06, Inflammation Score:-9, Nutrition Score:34.142174119535%

Flavonoids

Eriodictyol: 5.94mg, Eriodictyol: 5.94mg, Eriodictyol: 5.94mg, Eriodictyol: 5.94mg Hesperetin: 8.05mg, Hesperetin: 8.05mg, Hesperetin: 8.05mg, Hesperetin: 8.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg 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: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 948.68kcal (47.43%), Fat: 61.95g (95.31%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 78.24g (26.08%), Net Carbohydrates: 71.65g (26.05%), Sugar: 12.36g (13.74%), Cholesterol: 133.12mg (44.37%), Sodium: 3049.56mg (132.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22g (44.01%), Vitamin K: 150.58µg (143.41%), Vitamin C: 87.88mg (106.53%), Vitamin B1: 0.93mg (62.06%), Manganese: 1.1mg (55.24%), Selenium: 35.8µg (51.14%), Folate: 172.85µg (43.21%), Vitamin B2: 0.68mg (40.18%), Iron: 6.57mg (36.53%), Phosphorus: 332.36mg (33.24%), Vitamin B3: 6.07mg (30.35%), Vitamin E: 4.32mg (28.81%), Calcium: 278.69mg (27.87%), Fiber: 6.59g (26.36%), Vitamin B6: 0.43mg (21.29%), Copper: 0.42mg (21.21%), Potassium: 714.71mg (20.42%), Vitamin A: 951.02IU (19.02%), Magnesium: 75.36mg (18.84%), Zinc: 2.31mg (15.39%), Vitamin B5: 1.39mg (13.87%), Vitamin B12: 0.75µg (12.46%), Vitamin D: 1.17µg (7.78%)