



Fried Green Tomatoes with Shrimp and Tomato Basil Cream Sauce

♥♥ Popular

READY IN



35 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon cajun spice
- ☐ 6 servings canola oil for frying
- ☐ 0.3 cup cornmeal
- ☐ 0.3 cup cracker crumbs
- ☐ 1 large eggs

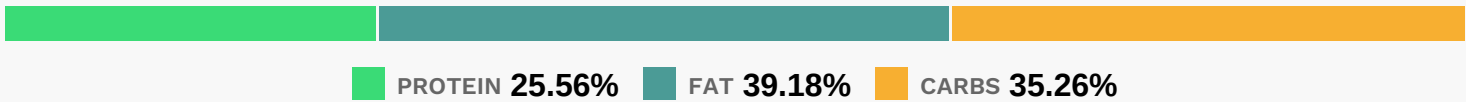
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon granulated sugar
- ☐ 3 medium tomatoes green
- ☐ 0.5 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon old bay seasoning
- ☐ 0.5 cup onion
- ☐ 1 cup self raising flour
- ☐ 1 pound shrimp
- ☐ 2 cups tomatoes peeled chopped

Equipment

Directions

- ☐ Recipe: Fried Green Tomatoes with Shrimp and Tomato Basil Cream Sauce
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 10 min |Cook time: 25 min |

Nutrition Facts



Properties

Glycemic Index:88.43, Glycemic Load:14.22, Inflammation Score:-8, Nutrition Score:13.578695815542%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 338.23kcal (16.91%), Fat: 14.95g (23%), Saturated Fat: 6.8g (42.47%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 27.47g (9.99%), Sugar: 6.5g (7.22%), Cholesterol: 181.24mg (60.41%), Sodium: 748.48mg (32.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.89%), Vitamin C: 23.67mg (28.7%), Phosphorus: 276.94mg (27.69%), Vitamin A: 1338.15IU (26.76%), Vitamin K: 27.58µg (26.26%), Copper: 0.46mg (23.12%), Manganese: 0.43mg (21.53%), Selenium: 12.85µg (18.36%), Potassium: 565.49mg (16.16%), Magnesium: 56.99mg (14.25%), Zinc: 1.79mg (11.93%), Fiber: 2.79g (11.18%), Calcium: 107.28mg (10.73%), Vitamin E: 1.56mg (10.37%), Vitamin B6: 0.2mg (9.97%), Vitamin B2: 0.16mg (9.42%), Iron: 1.67mg (9.28%), Vitamin B1: 0.13mg (8.34%), Folate: 33.18µg (8.29%), Vitamin B5: 0.74mg (7.41%), Vitamin B3: 1.17mg (5.87%), Vitamin D: 0.61µg (4.09%), Vitamin B12: 0.16µg (2.6%)