



Fried Green Tomatoes with Shrimp Remoulade

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 1 cup buttermilk
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 cup dijon mustard
- ☐ 1 eggs
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 3 tablespoons green onion chopped
- ☐ 3 large tomatoes green sliced

- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 teaspoons horseradish prepared
- ☐ 2 tablespoons catsup
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups salad greens mixed
- ☐ 0.5 cup olive oil
- ☐ 2 teaspoons onion minced
- ☐ 2 teaspoons paprika
- ☐ 24 medium shrimp shelled deveined cooked
- ☐ 1 teaspoon worcestershire sauce
- ☐ 2 cups cornmeal yellow

Equipment

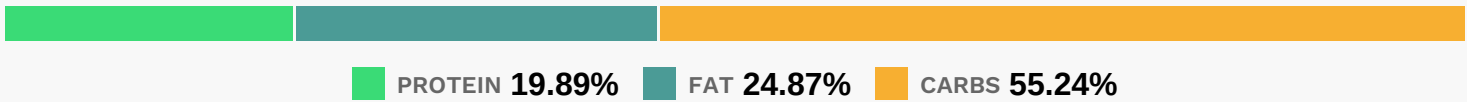
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ In a medium bowl, stir together mustard, 1/2 cup olive oil, ketchup, Worcestershire sauce, horseradish, garlic, lemon juice, onion and 2 teaspoons of green onion. Season with paprika, pepper, cayenne pepper and parsley. Gently stir in the shrimp until evenly distributed. Cover and refrigerate until needed.
- ☐ In a shallow bowl, whisk together the buttermilk and egg with a fork.
- ☐ Spread the cornmeal out on a plate.
- ☐ Heat 1/4 cup of olive oil in a large skillet over medium heat.
- ☐ Add more if needed to maintain an even coating of oil in the bottom of the skillet.
- ☐ Dip the tomato slices in the buttermilk and egg, then dip into the cornmeal to coat thoroughly. Fry slices in the hot oil until golden brown on each side, about 5 minutes per side.

- ☐ Transfer to a paper towel-lined plate and continue breadng and frying the remaining tomato slices.
- ☐ To serve, arrange salad greens on six plates. Top each one with two slices of fried green tomato, then spoon some of the shrimp remoulade over the tomatoes and sprinkle with the remaining green onion to garnish.

Nutrition Facts



Properties

Glycemic Index:61.08, Glycemic Load:23.96, Inflammation Score:-8, Nutrition Score:17.775217222131%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 352.47kcal (17.62%), Fat: 9.96g (15.33%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 42.46g (15.44%), Sugar: 8.28g (9.2%), Cholesterol: 96.08mg (32.03%), Sodium: 412.3mg (17.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.85%), Vitamin C: 27.2mg (32.96%), Phosphorus: 314.28mg (31.43%), Manganese: 0.61mg (30.28%), Fiber: 7.33g (29.32%), Vitamin A: 1261.62IU (25.23%), Magnesium: 99.82mg (24.96%), Vitamin B6: 0.48mg (23.96%), Copper: 0.42mg (21.16%), Selenium: 14.69µg (20.98%), Vitamin B1: 0.29mg (19.13%), Vitamin K: 19.58µg (18.65%), Potassium: 639.43mg (18.27%), Zinc: 2.73mg (18.21%), Iron: 3.13mg (17.38%), Vitamin B2: 0.23mg (13.6%), Vitamin B5: 1.15mg (11.47%), Calcium: 114.59mg (11.46%), Vitamin B3: 2.18mg (10.89%), Folate: 42.53µg (10.63%), Vitamin E: 1.54mg (10.27%), Vitamin D: 0.67µg (4.44%), Vitamin B12: 0.25µg (4.15%)