



Fried Green Tomatoes With Shrimp Remoulade

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

SIDE DISH

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 4 inch tomatoes (2 medium tomatoes)
- ☐ 4 servings the salad mixed
- ☐ 1 cup sauce chilled
- ☐ 0.3 teaspoon pepper freshly ground to taste
- ☐ 0.5 teaspoon salt to taste

- ☐ 0.5 pound shrimp chilled cooked peeled
- ☐ 6 tablespoons vegetable oil
- ☐ 1 cup cornmeal yellow

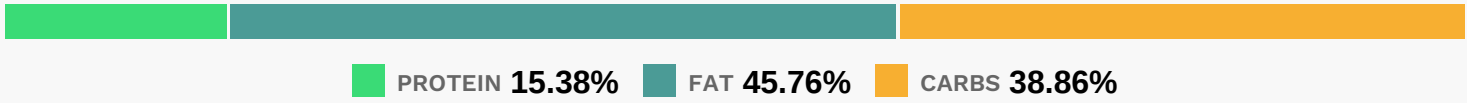
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together egg and buttermilk in a medium bowl.
- ☐ Combine cornmeal, salt, and pepper in a shallow dish. Dip tomato slices in egg mixture, then coat with seasoned cornmeal.
- ☐ Heat oil in a large saut pan over medium heat.
- ☐ Place tomato slices in pan in a single layer, and cook until golden brown on bottom, about 3 minutes. Flip and brown other side, about 3 minutes more. Interior should be cooked through but not mushy.
- ☐ Place 2 tomato slices on each of 4 serving plates and top each slice with 3 shrimp. Spoon 1 1/2 tablespoons Remoulade Sauce over each slice, and garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:18.21, Inflammation Score:-6, Nutrition Score:13.718260889468%

Nutrients (% of daily need)

Calories: 515.7kcal (25.79%), Fat: 26.3g (40.46%), Saturated Fat: 5.12g (32%), Carbohydrates: 50.23g (16.74%), Net Carbohydrates: 46.44g (16.89%), Sugar: 17.36g (19.29%), Cholesterol: 144.39mg (48.13%), Sodium: 1161.02mg (50.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.78%), Vitamin K: 38.27µg (36.45%), Phosphorus: 303.03mg (30.3%), Magnesium: 74.75mg (18.69%), Copper: 0.37mg (18.3%), Manganese: 0.36mg

(17.87%), Zinc: 2.47mg (16.46%), Vitamin B6: 0.31mg (15.59%), Fiber: 3.8g (15.18%), Vitamin E: 2mg (13.33%), Potassium: 451.63mg (12.9%), Vitamin B2: 0.22mg (12.85%), Vitamin A: 637.89IU (12.76%), Selenium: 8.62µg (12.31%), Calcium: 120.94mg (12.09%), Vitamin C: 9.87mg (11.97%), Iron: 2mg (11.13%), Vitamin B1: 0.17mg (11.07%), Folate: 37.44µg (9.36%), Vitamin B5: 0.72mg (7.19%), Vitamin D: 1.03µg (6.87%), Vitamin B12: 0.39µg (6.45%), Vitamin B3: 1.28mg (6.4%)