



Frugal Fried Green Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



3

CALORIES



137 kcal

SIDE DISH

Ingredients



6 tomatoes green cored cut into 1/16-inch slices



3 servings salt and ground pepper black to taste



2 tablespoons vegetable oil

Equipment



bowl



frying pan



paper towels

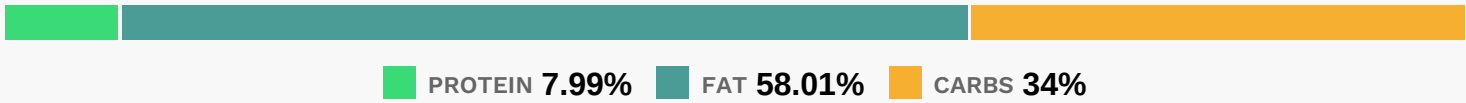


slotted spoon

Directions

- ☐ Heat vegetable oil in a skillet over medium heat.
- ☐ Place cornmeal in a bowl; dip and coat each tomato slice until thoroughly coated.
- ☐ Place coated tomato slices side by side in the hot oil; fry until coating is browned and crusty, 1 to 2 minutes per side.
- ☐ Remove with a slotted spoon and transfer to a paper towel-lined plate to drain. Season with salt and black pepper. Repeat with remaining tomato slices.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:12.052608655847%

Nutrients (% of daily need)

Calories: 136.98kcal (6.85%), Fat: 9.56g (14.71%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 9.88g (3.59%), Sugar: 9.84g (10.93%), Cholesterol: 0mg (0%), Sodium: 32mg (1.39%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin C: 57.56mg (69.77%), Vitamin K: 41.68µg (39.7%), Vitamin A: 1579.87IU (31.6%), Potassium: 503.17mg (14.38%), Manganese: 0.26mg (12.94%), Vitamin B5: 1.23mg (12.31%), Vitamin E: 1.68mg (11.18%), Copper: 0.22mg (11.14%), Fiber: 2.73g (10.93%), Vitamin B6: 0.2mg (9.98%), Vitamin B1: 0.15mg (9.85%), Iron: 1.27mg (7.03%), Phosphorus: 69.04mg (6.9%), Magnesium: 24.77mg (6.19%), Vitamin B3: 1.23mg (6.16%), Vitamin B2: 0.1mg (5.8%), Folate: 22.16µg (5.54%), Calcium: 32.42mg (3.24%), Selenium: 0.99µg (1.41%), Zinc: 0.17mg (1.16%)