



Karen's Fried Green Tomatoes

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



628 kcal

SIDE DISH

Ingredients

- 1 cup butter
- 2 eggs
- 1.3 cups flour all-purpose
- 2 large tomatoes green sliced
- 0.3 teaspoon ground pepper black
- 0.5 cup milk
- 0.5 teaspoon salt
- 2 teaspoons sugar white

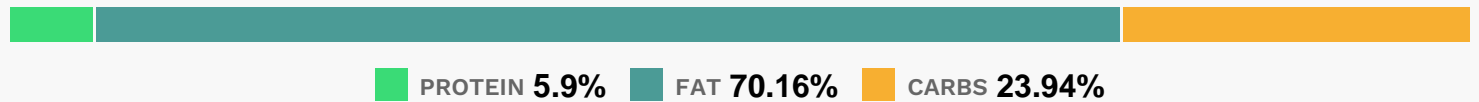
Equipment

- bowl
- frying pan

Directions

- Season each tomato slice with sugar, salt, and pepper.
- Beat milk and eggs together in a bowl.
- Pour flour into another bowl.
- Gently press each tomato slice into flour to coat; shake off the excess flour. Dip tomato slices into egg mixture, then press again into flour.
- Place breaded tomato slices onto a plate while breading the rest; do not stack.
- Melt 1/2 cup butter in a large pan over medium heat.
- Place tomato slices in melted butter and cook until golden brown on one side, 5 to 7 minutes. Flip and cook on the other side until golden brown.
- Add more butter as need while frying.

Nutrition Facts



Properties

Glycemic Index:66.27, Glycemic Load:23.54, Inflammation Score:-8, Nutrition Score:14.714782569719%

Nutrients (% of daily need)

Calories: 627.79kcal (31.39%), Fat: 49.67g (76.41%), Saturated Fat: 30.51g (190.71%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 36.05g (13.11%), Sugar: 7.32g (8.14%), Cholesterol: 207.51mg (69.17%), Sodium: 711.07mg (30.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.79%), Vitamin A: 2171.3IU (43.43%), Selenium: 21.53µg (30.75%), Vitamin B1: 0.39mg (26.01%), Vitamin C: 21.29mg (25.81%), Vitamin B2: 0.39mg (23.05%), Folate: 91.74µg (22.93%), Manganese: 0.38mg (19.08%), Phosphorus: 155.85mg (15.59%), Iron: 2.69mg (14.94%), Vitamin B3: 2.84mg (14.18%), Vitamin K: 13.64µg (12.99%), Vitamin E: 1.93mg (12.89%), Vitamin B5: 1.14mg (11.41%), Potassium: 318.93mg (9.11%), Fiber: 2.09g (8.35%), Calcium: 81.9mg (8.19%), Copper: 0.16mg (7.82%), Vitamin B12: 0.46µg (7.62%), Vitamin B6: 0.15mg (7.45%), Magnesium: 25.35mg (6.34%), Zinc: 0.8mg (5.33%), Vitamin D: 0.78µg (5.17%)