



## Kentucky Bibb Salad with Fried Green Tomatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 large heads bibb lettuce rinsed
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup cornmeal
- ☐ 1 teaspoon mint leaves dried
- ☐ 3 large tomatoes green cut into 1/4-inch-thick slices
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings vegetable oil; peanut oil preferred

- ☐ 6 servings rose vinaigrette
- ☐ 6 servings garnishes: gourmet edible petite rose petals; green red yellow chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts toasted

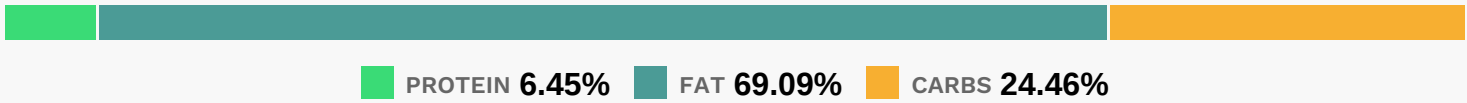
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Whisk together first 5 ingredients in a bowl until smooth; dip tomato slices evenly in batter.
- ☐ Pour oil to a depth of 2 inches into a large heavy skillet. Fry tomato slices, in batches, in hot oil over medium-high heat 4 minutes on each side or until slices are golden.
- ☐ Arrange lettuce evenly on 6 plates; top each with 2 tomato slices.
- ☐ Sprinkle evenly with walnuts; drizzle with Rose Vinaigrette.
- ☐ Garnish, if desired.
- ☐ \* For extra-crispy fried tomatoes, dip in batter twice.

## Nutrition Facts



## Properties

Glycemic Index:20.75, Glycemic Load:6.21, Inflammation Score:-6, Nutrition Score:10.254782666331%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 276.51kcal (13.83%), Fat: 22.07g (33.95%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 14.13g (5.14%), Sugar: 5.14g (5.71%), Cholesterol: 2.2mg (0.73%), Sodium: 228.29mg (9.93%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Vitamin C: 29.98mg (36.34%), Manganese: 0.55mg (27.59%), Vitamin E: 2.8mg (18.69%), Vitamin A: 730.16IU (14.6%), Copper: 0.28mg (14.03%), Fiber: 3.45g (13.78%), Magnesium: 43.83mg (10.96%), Phosphorus: 109.25mg (10.93%), Vitamin B6: 0.22mg (10.84%), Vitamin K: 10.52µg (10.01%), Vitamin B1: 0.14mg (9.32%), Potassium: 315.28mg (9.01%), Iron: 1.48mg (8.2%), Vitamin B5: 0.68mg (6.83%), Vitamin B2: 0.1mg (6.09%), Folate: 24.03µg (6.01%), Zinc: 0.88mg (5.85%), Calcium: 53.14mg (5.31%), Vitamin B3: 0.96mg (4.79%), Selenium: 2.4µg (3.42%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.09µg (1.53%)