



Kentucky Style Fried Green Tomatoes

READY IN



11 min.

SERVINGS



2

CALORIES



900 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bacon grease
- ☐ 0.8 cup cornmeal
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tomatoes green cut into 1/4 inch slices
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup milk

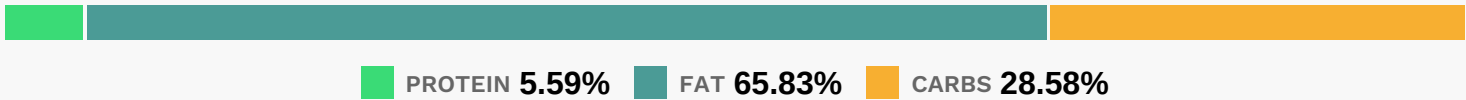
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat the bacon grease in a large skillet over medium heat. In one small bowl, stir together the flour, cornmeal and pepper. In another small bowl, whisk together the egg and milk using a fork.
- ☐ Dip the tomato slices into the egg and milk, then coat with the dry mixture.
- ☐ Place the breaded tomato slices in the hot bacon grease. Cook until browned on each side, about 3 to 4 minutes per side. Bacon grease burns easily, so adjust your heat if you need to.

Nutrition Facts



Properties

Glycemic Index:106.75, Glycemic Load:38.01, Inflammation Score:-6, Nutrition Score:16.358695652174%

Nutrients (% of daily need)

Calories: 899.87kcal (44.99%), Fat: 65.76g (101.17%), Saturated Fat: 25g (156.25%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 57.34g (20.85%), Sugar: 5g (5.55%), Cholesterol: 141.69mg (47.23%), Sodium: 142.4mg (6.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.12%), Manganese: 0.63mg (31.25%), Fiber: 6.91g (27.63%), Vitamin B1: 0.41mg (27.03%), Selenium: 18.23µg (26.05%), Phosphorus: 248.64mg (24.86%), Vitamin B6: 0.47mg (23.38%), Magnesium: 81.26mg (20.31%), Iron: 3.47mg (19.29%), Vitamin B2: 0.33mg (19.18%), Folate: 74.32µg (18.58%), Vitamin C: 14.39mg (17.44%), Zinc: 2.51mg (16.76%), Vitamin B3: 3.06mg (15.31%), Vitamin D: 2.25µg (15.03%), Copper: 0.25mg (12.46%), Vitamin B5: 1.21mg (12.08%), Potassium: 419.18mg (11.98%), Vitamin A: 564.41IU (11.29%), Vitamin E: 1.07mg (7.14%), Vitamin K: 6.96µg (6.63%), Calcium: 65.64mg (6.56%), Vitamin B12: 0.36µg (6.01%)