



Oven-Fried Green Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup cornmeal
- 1 teaspoon cornstarch (or other starch)
- 4 large tomatoes green
- 1.5 teaspoon ground flaxseed
- 0.3 cup quinoa flour (or other flour)
- 0.5 teaspoon salt
- 0.5 cup water

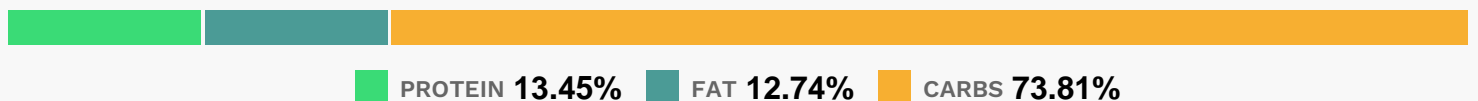
Equipment

- bowl
- baking sheet
- baking paper
- oven
- blender

Directions

- Spray a baking sheet lightly with canola oil or non-stick spray or line with parchment paper.
- Combine the water and ground flax seeds in a blender and blend at high speed for 30 seconds.
- Pour into a wide, shallow bowl and allow to sit for a few minutes to thicken slightly. In another wide bowl or plate, combine remaining ingredients (except tomatoes).
- Cut tomatoes into slices about 1/4 to 1/2-inch thick. Submerge a tomato slice in the flax-water, allow excess to drip off, and place slice into cornmeal mixture. Press lightly to make sure that bottom of slice is covered with cornmeal and turn to coat other side.
- Place on prepared baking sheet. When all tomato slices are coated, bake for 15 minutes, or until bottoms are golden brown. Turn and bake another 15 minutes to brown other side.
- Remove from oven and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.08, Glycemic Load:5.79, Inflammation Score:-6, Nutrition Score:7.430434745291%

Nutrients (% of daily need)

Calories: 101.3kcal (5.06%), Fat: 1.49g (2.29%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 16.28g (5.92%), Sugar: 5.07g (5.63%), Cholesterol: 0mg (0%), Sodium: 212.6mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin C: 28.4mg (34.42%), Vitamin A: 779.87IU (15.6%), Fiber: 3.09g (12.37%), Manganese: 0.24mg (12.03%), Vitamin K: 12.58µg (11.98%), Vitamin B6: 0.18mg (8.97%),

Potassium: 296.52mg (8.47%), Vitamin B1: 0.12mg (8.06%), Copper: 0.15mg (7.65%), Magnesium: 28.77mg (7.19%), Iron: 1.27mg (7.07%), Vitamin B5: 0.69mg (6.93%), Phosphorus: 67.3mg (6.73%), Vitamin B3: 0.95mg (4.76%), Folate: 15.89µg (3.97%), Vitamin B2: 0.06mg (3.64%), Zinc: 0.52mg (3.48%), Vitamin E: 0.51mg (3.42%), Calcium: 21.17mg (2.12%), Selenium: 1.43µg (2.04%)