



Oven-Fried Green Tomatoes With Lightened Bread-and-Butter Pickle Rémoulade

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 8 servings bread
- ☐ 2 cups panko bread crumbs (panko)
- ☐ 1.5 cups buttermilk
- ☐ 1 tablespoon creole seasoning
- ☐ 1 cup flour all-purpose
- ☐ 4 large tomatoes green
- ☐ 1 teaspoon paprika

- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt

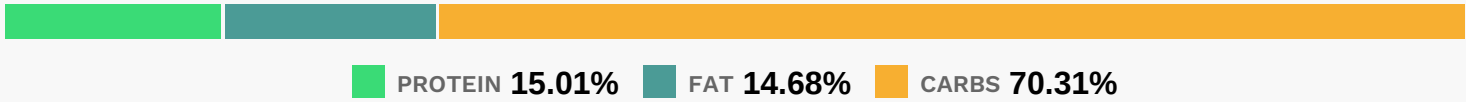
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 40
- ☐ Cut tomatoes into 1/4-inch-thick slices.
- ☐ Sprinkle both sides of tomatoes evenly with 2 tsp. salt and 1 tsp. pepper.
- ☐ Place a wire rack coated with cooking spray in a parchment paper-lined 15- x 10-inch jelly-roll pan.
- ☐ Pour buttermilk into a shallow dish or pie plate. Stir together panko, Creole seasoning, and paprika in another shallow dish or pie plate.
- ☐ Dredge tomatoes in flour. Dip tomatoes in buttermilk, and dredge in panko mixture. Lightly coat tomatoes on each side with cooking spray; arrange on wire rack.
- ☐ Bake at 400 for 18 to 20 minutes or until golden brown, turning once after 10 minutes.
- ☐ Serve with Lightened Bread-and-Butter Pickle Rmoulade.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:16.55, Inflammation Score:-7, Nutrition Score:14.750434813292%

Nutrients (% of daily need)

Calories: 244.99kcal (12.25%), Fat: 4.04g (6.21%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 39.97g (14.53%), Sugar: 8.5g (9.45%), Cholesterol: 4.95mg (1.65%), Sodium: 883.41mg (38.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.57%), Manganese: 0.72mg (36.04%), Vitamin B1: 0.46mg (30.78%), Selenium: 19.25µg (27.51%), Vitamin C: 21.83mg (26.46%), Vitamin A: 1043.59IU (20.87%), Vitamin B3: 4.06mg (20.3%), Folate: 79.71µg (19.93%), Vitamin B2: 0.33mg (19.49%), Iron: 3.07mg (17.03%), Phosphorus: 144.49mg (14.45%), Fiber: 3.54g (14.15%), Calcium: 131.34mg (13.13%), Vitamin K: 12.85µg (12.24%), Vitamin B5: 1.02mg (10.17%), Copper: 0.2mg (10.16%), Potassium: 353.72mg (10.11%), Magnesium: 36.81mg (9.2%), Vitamin B6: 0.17mg (8.37%), Zinc: 0.88mg (5.89%), Vitamin E: 0.71mg (4.76%), Vitamin B12: 0.26µg (4.32%), Vitamin D: 0.58µg (3.9%)