



Pan-Fried Dill Tomatoes

READY IN



20 min.

SERVINGS



5

CALORIES



87 kcal

SIDE DISH

Ingredients

- 1 tablespoon apple cider vinegar
- 1 cup cucumber diced peeled (1 medium)
- 0.8 cup breadcrumbs dry fine
- 2 egg whites lightly beaten
- 2 tablespoons optional: dill fresh chopped
- 3 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper freshly ground
- 0.1 teaspoon salt
- 5 inch tomatoes (3 medium tomatoes)

2 tablespoons water

Equipment

frying pan

whisk

Directions

Combine cucumber and vinegar; set aside.

Combine breadcrumbs and next 4 ingredients.

Combine water and egg whites, stirring well with a wire whisk. Dredge tomato slices in breadcrumb mixture, and dip in egg white mixture. Dredge in breadcrumb mixture again.

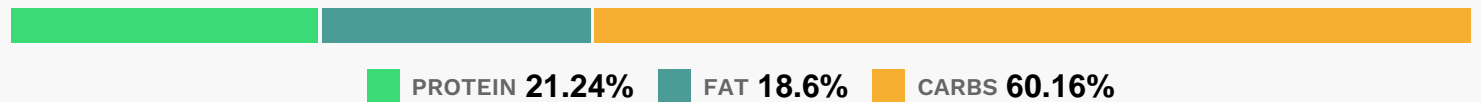
Heavily coat a large nonstick skillet with cooking spray.

Place over medium-high heat until hot.

Add tomato; cook 1 minute on each side or until golden.

Serve warm with cucumber mixture.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:4.2000000195011%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 87.46kcal (4.37%), Fat: 1.77g (2.73%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 11.92g (4.34%), Sugar: 1.54g (1.71%), Cholesterol: 2.61mg (0.87%), Sodium: 250.37mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Vitamin B1: 0.17mg (11.16%), Selenium: 7.57µg (10.81%), Manganese: 0.2mg (9.87%), Vitamin B2: 0.14mg (8.01%), Calcium: 62.19mg (6.22%), Folate: 22.36µg (5.59%), Vitamin B3: 1.12mg (5.59%), Phosphorus: 54.25mg (5.42%), Iron: 0.9mg (4.99%), Fiber: 0.97g (3.9%), Copper: 0.07mg (3.42%), Magnesium: 13.28mg (3.32%), Vitamin K: 3.4µg (3.24%), Potassium: 103.74mg (2.96%),

Zinc: 0.42mg (2.82%), Vitamin B6: 0.04mg (1.94%), Vitamin B5: 0.19mg (1.9%), Vitamin B12: 0.11µg (1.8%), Vitamin C: 1.34mg (1.62%), Vitamin A: 79.16IU (1.58%)