



Pan-fried Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

Ingredients

- 0.3 cup add carrot and onion to bacon fat . cook
- 1 cup breadcrumbs dry fine
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 4 large tomatoes ripe

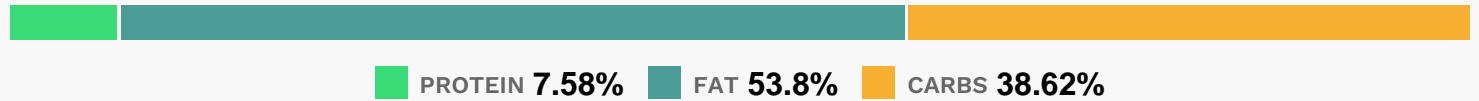
Equipment

- frying pan
- paper towels

Directions

- Cut tomatoes into 1/2-inch-thick slices, and sprinkle tomato slices evenly with salt and pepper.
- Let tomato slices stand 30 minutes.
- Pat tomato slices dry, and dredge in breadcrumbs.
- Cook tomato slices, in batches, in hot bacon drippings in a large nonstick skillet over medium-high heat 2 minutes on each side or until golden brown.
- Drain on paper towels.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:5.832173925379%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 136.34kcal (6.82%), Fat: 8.26g (12.7%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 11.61g (4.22%), Sugar: 3.23g (3.59%), Cholesterol: 7.02mg (2.34%), Sodium: 405.17mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin A: 758.71IU (15.17%), Vitamin C: 12.47mg (15.11%), Manganese: 0.24mg (12.22%), Vitamin B1: 0.16mg (10.96%), Vitamin K: 8.28µg (7.89%), Vitamin B3: 1.44mg (7.19%), Folate: 28.12µg (7.03%), Potassium: 243.85mg (6.97%), Fiber: 1.73g (6.92%), Iron: 0.91mg (5.07%), Selenium: 3.41µg (4.87%), Copper: 0.09mg (4.5%), Vitamin B6: 0.09mg (4.47%), Phosphorus: 44.31mg (4.43%), Vitamin B2: 0.07mg (4.23%), Magnesium: 16.04mg (4.01%), Vitamin E: 0.55mg (3.65%), Calcium: 34.54mg (3.45%), Zinc: 0.36mg (2.41%), Vitamin B5: 0.16mg (1.57%), Vitamin D: 0.18µg (1.23%)