



food
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Paula's Fried Green Tomato and Egg Hollandaise

READY IN



60 min.

SERVINGS



6

CALORIES



481 kcal

SAUCE

Ingredients

- ☐ 2 large butter
- ☐ 1 cup buttermilk
- ☐ 6 servings chicken broth
- ☐ 6 slices bacon crisp cooked cut in 1/2 and until
- ☐ 4 tablespoons cup heavy whipping cream
- ☐ 2 egg yolks
- ☐ 6 eggs
- ☐ 3 large tomatoes green firm

- ☐ 0.5 juice of lemon juiced
- ☐ 2 cups vegetable oil; peanut oil preferred for deep-frying
- ☐ 1 pinch salt
- ☐ 6 servings salt
- ☐ 2 cups self-rising flour
- ☐ 1 pinch sugar
- ☐ 1 tablespoon vinegar white

Equipment

- ☐ frying pan
- ☐ pot
- ☐ double boiler
- ☐ baking pan
- ☐ colander

Directions

- ☐ Slice the tomatoes 1/4-inch thick.
- ☐ Lay them out in a shallow baking pan and sprinkle with salt.
- ☐ Place the tomato slices in a colander and allow time for the salt to pull the water out of the tomatoes, approximately 30 minutes. In a skillet, heat the oil for deep-frying over medium-high heat. Dip the tomatoes into buttermilk, then dredge them in flour. Deep-fry until golden brown. Keep warm.
- ☐ Meanwhile, prepare Hollandaise Sauce.
- ☐ To assemble each serving, place 2 fried tomatoes on a plate. Top with 2 strips of cooked bacon in a criss-cross fashion. Top bacon with a poached egg, spoon on Hollandaise Sauce.
- ☐ Combine all ingredients in the top of a double boiler, over boiling water. Stir until thick, approximately 3 minutes; set aside until ready to use. Do not reheat or cover the pot. Thin, if needed with a little chicken broth. Stir in the vinegar. Use immediately.

Nutrition Facts



 PROTEIN **14.02%**  FAT **54.33%**  CARBS **31.65%**

Properties

Glycemic Index:44.68, Glycemic Load:20.3, Inflammation Score:-7, Nutrition Score:16.105217394621%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 481.24kcal (24.06%), Fat: 29.07g (44.72%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 36.1g (13.13%), Sugar: 6.44g (7.16%), Cholesterol: 252.84mg (84.28%), Sodium: 463.31mg (20.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.76%), Selenium: 39.63µg (56.62%), Vitamin C: 22.32mg (27.06%), Phosphorus: 247.68mg (24.77%), Vitamin E: 3.56mg (23.7%), Vitamin B2: 0.4mg (23.61%), Vitamin A: 1133.63IU (22.67%), Manganese: 0.44mg (22.14%), Vitamin B5: 1.76mg (17.62%), Folate: 54.29µg (13.57%), Vitamin B12: 0.8µg (13.28%), Vitamin D: 1.92µg (12.77%), Vitamin B6: 0.25mg (12.34%), Vitamin B1: 0.18mg (12.17%), Potassium: 400.92mg (11.45%), Copper: 0.21mg (10.72%), Iron: 1.88mg (10.45%), Calcium: 104.5mg (10.45%), Zinc: 1.55mg (10.33%), Vitamin K: 10.05µg (9.58%), Vitamin B3: 1.79mg (8.97%), Magnesium: 32.48mg (8.12%), Fiber: 2.01g (8.03%)