



Sliced Heirloom Tomato Stack with Blue Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



1283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup arborio rice
- 6 servings balsamic vinegar
- 0.5 cup basil leaves
- 1 teaspoon pepper black freshly ground
- 2 cups buttermilk
- 1 cup cheese blue frozen crumbled
- 3 cups flour all-purpose

- 6 servings olive oil extra-virgin
- 8 cups vegetable oil; peanut oil preferred
- 6 onions red separated sliced
- 6 servings gray salt and pepper black freshly ground
- 1 cup semolina
- 2 tablespoons salt
- 4 vine-ripened tomatoes

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- blender

Directions

- Pour buttermilk into a shallow bowl. In a separate bowl spread out the rice coating. Take onion rings and coat with buttermilk, and then cover with coating, shaking off excess.
- Place coated rings on a tray.
- In a large deep saucepan, heat peanut oil to 375 degrees F. With a slotted wire spoon, carefully lower the coated rings into pan to fry. Do the rings in small batches to allow oil to remain a consistent temperature.
- Place fried rings on a paper towel on a tray to dry.
- Cut a small slice from the bottom of the tomatoes – enough so that they will stand. Slice the tomatoes into 1/2-inch thick slices (about 2 or 3), leaving the stem on top.
- Season the slices with salt and pepper to taste, drizzle with olive oil.
- Place the basil leaves in between the tomato slices, and re-stack tomato.
- Serve re-stacked tomatoes around a larger stack of onion rings in center of a large serving plate.
- Drizzle more olive oil and balsamic vinegar. Grate the frozen blue cheese over top.

- Grind the rice in a blender until very fine. Put it in a bowl and add the all-purpose flour, semolina, salt and pepper. Toss until well blended. Store in a sealed container in the freezer for maximum freshness.

Nutrition Facts

PROTEIN 6.73% **FAT 57.42%** **CARBS 35.85%**

Properties

Glycemic Index:86.33, Glycemic Load:71.62, Inflammation Score:-9, Nutrition Score:33.500000559765%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 22.81mg, Quercetin: 22.81mg, Quercetin: 22.81mg, Quercetin: 22.81mg

Nutrients (% of daily need)

Calories: 1283.39kcal (64.17%), Fat: 82.08g (126.28%), Saturated Fat: 17.66g (110.35%), Carbohydrates: 115.3g (38.43%), Net Carbohydrates: 108.6g (39.49%), Sugar: 13.41g (14.9%), Cholesterol: 25.67mg (8.56%), Sodium: 2682.72mg (116.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.31%), Selenium: 57.91µg (82.73%), Vitamin E: 11.77mg (78.44%), Folate: 289.04µg (72.26%), Vitamin B1: 1.03mg (68.73%), Manganese: 1.29mg (64.5%), Vitamin B2: 0.75mg (44.4%), Vitamin B3: 7.67mg (38.34%), Iron: 6.41mg (35.59%), Phosphorus: 348.52mg (34.85%), Calcium: 270.77mg (27.08%), Fiber: 6.7g (26.81%), Vitamin K: 25.73µg (24.5%), Vitamin C: 19.73mg (23.92%), Vitamin A: 1096.81IU (21.94%), Potassium: 694.72mg (19.85%), Vitamin B6: 0.38mg (19.06%), Magnesium: 71.69mg (17.92%), Vitamin B5: 1.78mg (17.76%), Copper: 0.35mg (17.62%), Zinc: 2.37mg (15.81%), Vitamin B12: 0.64µg (10.71%), Vitamin D: 1.15µg (7.68%)