

Crispy Fried Green Tomatoes

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-green-tomatoes-recipe-without-cornmeal>

Ingredients:

- 3 green tomatoes large, cored and sliced 1/2 inch thick
- salt
- pepper
- 1/2 cup flour
- 2 eggs beaten
- 1 cup panko breadcrumbs unseasoned
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne ground red pepper
- avocado oil or canola oil, for frying

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 120 milligrams
4. Fat: 3.5 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 630 milligrams
9. Sugar: 5 grams

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