



## A Stuffed Picnic: Tuna and Artichoke Stuffed Tomatoes, Red Pepper, Feta and Chick Pea Stuffed Zucchini, Nut and Brown Sugar Stuffed Macintosh Apples

READY IN



50 min.

SERVINGS



6

CALORIES



913 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 medium mcintosh apples
- 1 can artichoke hearts in water drained chopped
- 6 tablespoons butter softened
- 15 ounce chick peas drained canned
- 2 ribs celery chopped
- 6 servings salt and coarse pepper black

- 1 cup brown sugar dark
- 8 ounces feta cheese crumbled
- 3 tablespoons flat-leaf parsley chopped
- 0.5 cup flour all-purpose
- 1 clove garlic
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg freshly grated
- 0.5 juice of lemon juiced
- 0.5 cup kalamata olives pitted chopped
- 2 wedges lemon
- 1 lemon zest juiced
- 0.3 cup oatmeal
- 6 servings olive oil extra-virgin for drizzling
- 0.5 medium onion red chopped
- 2 roasted peppers red drained
- 6 servings salt and pepper
- 2 cans tuna in olive oil italian flaked drained
- 6 vine tomatoes mixed red yellow ripe
- 0.5 cup walnut pieces
- 2 medium zucchini squash washed

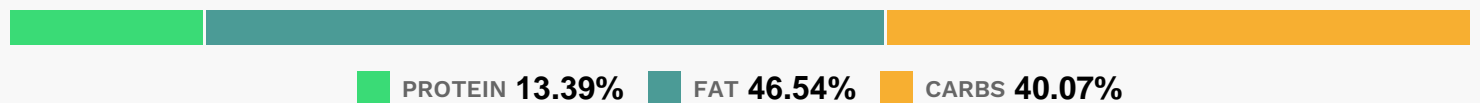
## Equipment

- food processor
- bowl
- oven
- knife
- baking pan
- spatula

## Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Trim a thin slice off of the bottom of each apple.
- Cut the tops off apples and trim away skin of tops of apples, trim should be 1/2-inch wide. Hollow out the apples with a small paring knife, carving out a cavity for the filling. Rub the tops and cavities with wedges of lemon to retard browning.
- Combine butter, sugar, nutmeg, cinnamon, nuts, flour and oatmeal in a bowl -- mixture should be crumbly -- and then pack into apples.
- Place apples in a shallow baking dish and add 1/4-inch of water to the dish.
- Bake apples 17 to 20 minutes, until filling bubbles and apples are tender but not soft.
- Remove from oven.
- Serve warm or room temperature.
- For stuffed tomatoes, mix tuna and next 7 ingredients to combine. Season with salt and pepper, to taste.
- Cut a thin slice off the bottom of each tomato to stabilize it. Seed and hollow out the tomato with a spoon over garbage bowl or into sink with disposal system. Season tomatoes with salt and pepper, then fill with salad, mounding the tuna up. The tomatoes are ready to serve or chill.
- For zucchini, combine chick peas and next 4 ingredients in a food processor and process until smooth. Season with salt and pepper.
- Cut each zucchini in half lengthwise. Hollow out seeds, making room for filling, using a soup spoon. Fill squash with chick pea and red pepper cheese using a rubber spatula.
- Cut the zucchini into 2 inch pieces.

## Nutrition Facts



## Properties

Glycemic Index:96.56, Glycemic Load:18.03, Inflammation Score:-9, Nutrition Score:39.109999946926%

## Flavonoids

Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 4.7mg, Apigenin: 4.7mg, Apigenin: 4.7mg, Apigenin: 4.7mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 10.45mg, Quercetin: 10.45mg, Quercetin: 10.45mg, Quercetin: 10.45mg

## Nutrients (% of daily need)

Calories: 913.05kcal (45.65%), Fat: 48.75g (75.01%), Saturated Fat: 16.22g (101.4%), Carbohydrates: 94.45g (31.48%), Net Carbohydrates: 81.77g (29.73%), Sugar: 60.92g (67.69%), Cholesterol: 73.94mg (24.65%), Sodium: 1870.32mg (81.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.57g (63.13%), Vitamin K: 88.84µg (84.61%), Selenium: 55.75µg (79.64%), Manganese: 1.49mg (74.68%), Vitamin C: 52.2mg (63.28%), Fiber: 12.68g (50.74%), Phosphorus: 504.24mg (50.42%), Vitamin B6: 0.97mg (48.63%), Vitamin B3: 9.67mg (48.35%), Vitamin A: 2158.59IU (43.17%), Vitamin B2: 0.62mg (36.57%), Calcium: 325.25mg (32.52%), Vitamin B12: 1.91µg (31.82%), Potassium: 1110.19mg (31.72%), Vitamin E: 4.56mg (30.37%), Folate: 115.5µg (28.87%), Copper: 0.56mg (27.95%), Magnesium: 109.32mg (27.33%), Vitamin D: 3.95µg (26.32%), Iron: 4.29mg (23.84%), Vitamin B1: 0.35mg (23.37%), Zinc: 3.17mg (21.16%), Vitamin B5: 1.42mg (14.17%)