



Baked Tomatoes

READY IN



35 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil plus more for tossing and drizzling
- ☐ 0.8 cup panko breadcrumbs
- ☐ 0.3 cup parmesan grated
- ☐ 1 pinch pepper flakes red
- ☐ 1 shallots finely chopped
- ☐ 4 vine-ripened tomatoes ripe

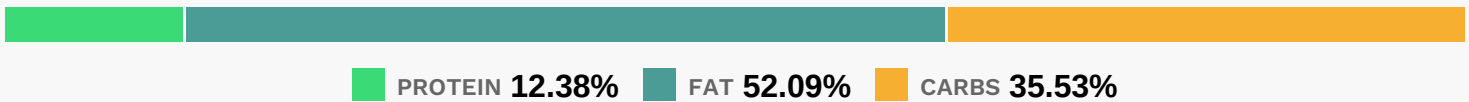
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Slice the tomatoes from core to core.
- ☐ Remove and discard the seeds and juice, and add the tomatoes to a casserole dish.
- ☐ Drizzle with olive oil and sprinkle with salt and pepper.
- ☐ Combine the 2 tablespoons olive oil, panko, Parmesan, parsley, garlic, shallots, red pepper flakes and some salt and pepper together in a small bowl. Fill the tomatoes with the panko mixture.
- ☐ Bake 20 minutes.
- ☐ Drizzle with a splash of olive oil before serving.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:6.2439130758462%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 106.25kcal (5.31%), Fat: 6.32g (9.73%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 8.18g (2.98%), Sugar: 3g (3.33%), Cholesterol: 2.83mg (0.94%), Sodium: 127.1mg (5.53%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin K: 21.01µg (20.01%), Vitamin A: 777.46IU (15.55%), Vitamin C: 12.61mg (15.28%), Manganese: 0.2mg (9.89%), Vitamin E: 1.14mg (7.63%), Calcium: 75.17mg (7.52%), Vitamin B1: 0.11mg (7.25%), Potassium: 234.19mg (6.69%), Phosphorus: 64.83mg (6.48%), Fiber: 1.52g (6.07%), Folate: 23.08µg (5.77%), Vitamin B3: 1.02mg (5.1%), Vitamin B6: 0.1mg (5.01%), Selenium: 2.96µg (4.22%), Iron: 0.76mg (4.2%), Magnesium: 15.61mg (3.9%), Copper: 0.08mg (3.82%), Vitamin B2: 0.06mg (3.65%), Zinc: 0.39mg (2.63%), Vitamin B5: 0.15mg (1.53%), Vitamin B12: 0.08µg (1.27%)