



Baked Tomatoes

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



428 kcal

SIDE DISH

Ingredients

- 1 tablespoon capers
- 5 sprigs flat parsley italian
- 1 medium clove garlic
- 8 ounces bread crumbs italian
- 3 tablespoons olive oil extra virgin extra-virgin as needed
- 1 teaspoon salt
- 2 large tomatoes

Equipment

- food processor
- baking sheet
- oven
- mixing bowl

Directions

- Preheat the oven to 250°F.
- Cut away and discard the crust from the loaf of bread and cut the loaf in half lengthwise.
- Bake for 5 minutes on each side.
- Let cool for 10 to 15 minutes.
- Raise the oven temperature to 350°F on convection heat or to 375°F in an oven without convection heat.
- Cut the bread into chunks small enough to fit easily in a food processor.
- Place them in the food processor and pulse until you have fairly even crumbs that are not too fine. Set aside 1 cup of crumbs and reserve any extra for another use.
- Finely chop enough parsley leaves to measure about 2 tablespoons. Peel and finely chop the garlic.
- Put the parsley, garlic, bread crumbs, capers, salt, and olive oil in a mixing bowl.
- Mix well until the ingredients are evenly distributed and the bread crumbs are well coated with the olive oil. If there doesn't seem to be enough olive oil to coat them all, add a little more.
- Cut the tomatoes in half crosswise and scoop out all the seeds.
- Place the tomatoes, cut side up, on a baking sheet. Fill the cavities with a generous amount of the bread-crumb mixture, heaping it on top of each tomato half.
- Bake until a brown crust forms, about 20 minutes.
- Serve hot or at room temperature.
- From Hazan Family Favorites: Beloved Italian Recipes by Giuliano Hazan. Copyright © 2012 Giuliano Hazan; photographs copyright © 2012 Joseph De Leo. Published by Stewart, Tabori & Chang, an imprint of ABRAMS.

Nutrition Facts



■ PROTEIN 5.11% ■ FAT 63.88% ■ CARBS 31.01%

Properties

Glycemic Index:25, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:7.8860869096673%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 427.61kcal (21.38%), Fat: 30.73g (47.27%), Saturated Fat: 12.37g (77.3%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 30.36g (11.04%), Sugar: 19.94g (22.16%), Cholesterol: 0mg (0%), Sodium: 852.69mg (37.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin K: 34.51µg (32.87%), Vitamin C: 14.45mg (17.51%), Vitamin A: 866.16IU (17.32%), Vitamin B3: 3.13mg (15.63%), Vitamin E: 2.03mg (13.54%), Folate: 51.75µg (12.94%), Fiber: 3.2g (12.79%), Potassium: 349.66mg (9.99%), Iron: 1.62mg (9.02%), Vitamin B1: 0.12mg (7.73%), Manganese: 0.12mg (6.07%), Magnesium: 21.14mg (5.28%), Phosphorus: 44.89mg (4.49%), Vitamin B2: 0.07mg (4.3%), Vitamin B6: 0.08mg (4.18%), Copper: 0.07mg (3.29%), Zinc: 0.3mg (1.99%), Calcium: 13.45mg (1.34%)