



Baked Tomatoes with Hazelnut Bread Crumbs

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

Ingredients

- ☐ 4 large beefsteak tomatoes (3 pounds total)
- ☐ 2 cups breadcrumbs fresh whole-wheat (from country bread, preferably)
- ☐ 1 cup hazelnuts cooled toasted coarsely chopped
- ☐ 1.5 tablespoons lemon thyme divided chopped
- ☐ 0.5 stick butter unsalted

Equipment

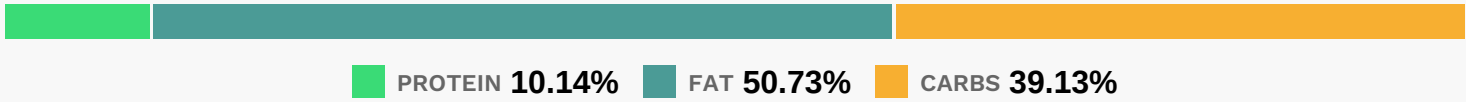
- ☐ frying pan
- ☐ oven

- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter a 2-quart shallow ceramic or glass baking dish.
- ☐ Spread bread crumbs in a 4-sided sheet pan and toast in oven until dried and pale golden, about 15 minutes. Cool crumbs. Increase oven temperature to 450°F.
- ☐ Thickly slice tomatoes and arrange, overlapping, in baking dish. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper and sprinkle with 1 tablespoon thyme. Melt butter in a large heavy skillet over medium heat, then cook nuts and crumbs, stirring frequently, until golden, 4 to 5 minutes. Season with salt and pepper. Spoon evenly over tomatoes.
- ☐ Bake until tomatoes are bubbling and crumbs are browned, 15 to 25 minutes. Cool to warm or room temperature and sprinkle with remaining 1/2 tablespoon thyme.
- ☐ Bread crumbs and nuts can be toasted (but not cooked in butter) 1 day ahead and kept together in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:17.037826276344%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 283.41kcal (14.17%), Fat: 16.64g (25.6%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 23.98g (8.72%), Sugar: 6.8g (7.56%), Cholesterol: 15.18mg (5.06%), Sodium: 207.04mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Manganese: 1.39mg (69.55%), Vitamin A: 1657.95IU (33.16%), Vitamin C: 26.34mg (31.92%), Vitamin B1: 0.42mg (28.09%), Vitamin E: 3.35mg (22.36%), Copper: 0.44mg (21.78%), Fiber: 4.89g (19.58%), Folate: 72.14µg (18.04%), Vitamin K: 17.84µg (16.99%), Potassium: 567.51mg (16.21%), Vitamin B3: 3.1mg (15.49%), Iron: 2.7mg (14.99%), Magnesium: 57mg (14.25%), Phosphorus: 131.94mg (13.19%), Vitamin B6: 0.26mg (12.89%), Selenium: 7.23µg (10.34%), Vitamin B2: 0.17mg (9.8%), Calcium: 90.52mg (9.05%), Zinc: 1.08mg (7.19%), Vitamin B5: 0.45mg (4.51%), Vitamin B12: 0.11µg (1.78%)