



Breaded Broiled Tomatoes

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 large egg white lightly beaten
- 8 teaspoons cilantro leaves fresh chopped
- 0.5 cup buttermilk low-fat
- 2 ounces parmesan cheese fresh grated
- 2.5 pounds tomatoes
- 1 ounce bread white

Equipment

- food processor
- bowl
- baking sheet
- oven
- broiler

Directions

- Preheat oven to 40
- Place bread in a food processor, and process until finely ground to measure 1/2 cup. Set aside.
- Core tomatoes; cut each tomato in half crosswise. Push seeds out of tomato halves with thumbs. Spoon 1 tablespoon buttermilk into each tomato half.
- Combine breadcrumbs, cheese, pepper, and egg white in a small bowl. Divide breadcrumb mixture evenly among tomato halves.
- Place tomato halves on a baking sheet coated with cooking spray.
- Bake at 400 for 17 minutes.
- Prepare broiler.
- Broil tomato halves 2 minutes or until lightly browned.
- Sprinkle each tomato half with 1 teaspoon cilantro.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:7.5552174001932%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 71.66kcal (3.58%), Fat: 2.42g (3.72%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 6.55g (2.38%), Sugar: 4.72g (5.25%), Cholesterol: 5.42mg (1.81%), Sodium: 166.67mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin A: 1251.31IU (25.03%), Vitamin C: 19.6mg (23.75%), Calcium: 124.43mg (12.44%), Vitamin K: 12.06µg (11.49%), Manganese: 0.22mg (10.85%), Potassium: 379.83mg (10.85%), Phosphorus: 101.62mg (10.16%), Fiber: 1.85g (7.39%), Folate: 26.71µg (6.68%), Vitamin B6: 0.13mg (6.46%), Vitamin B2: 0.1mg (5.93%), Magnesium: 22.22mg (5.56%), Vitamin E: 0.8mg (5.34%), Vitamin B1: 0.08mg (5.25%), Vitamin B3: 1.05mg (5.23%), Selenium: 3.55µg (5.08%), Copper: 0.1mg (4.82%), Zinc: 0.53mg (3.57%), Iron: 0.6mg (3.32%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.12µg (2.03%)