



WHATSheATE



Cheese and Olive-Stuffed Tomatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

Ingredients



2 ounces feta cheese crumbled



2 tablespoons basil fresh chopped



2 tablespoons flat-leaf parsley fresh chopped



0.3 cup kalamata olives pitted chopped



2.3 pounds tomatoes ripe

Equipment



baking pan

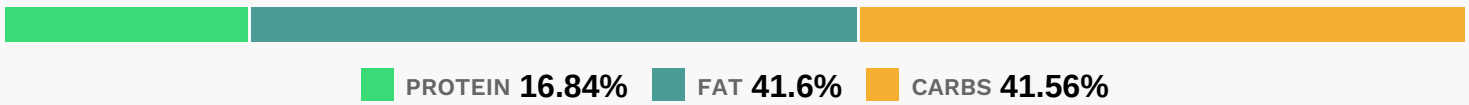


broiler

Directions

- ☐ Preheat broiler.
- ☐ Cut tops off tomatoes; discard. Carefully scoop out tomato pulp, leaving shells intact; finely chop pulp.
- ☐ Combine pulp with remaining ingredients.
- ☐ Place tomato shells in an 8-inch square baking dish. Divide pulp mixture evenly among tomato shells. Broil 2 minutes or until tomatoes just begin to blister and topping is browned.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:2.78, Inflammation Score:-9, Nutrition Score:13.95869582114%

Flavonoids

Naringenin: 1.74mg, Naringenin: 1.74mg, Naringenin: 1.74mg, Naringenin: 1.74mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 96.67kcal (4.83%), Fat: 4.87g (7.49%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 7.53g (2.74%), Sugar: 6.78g (7.53%), Cholesterol: 12.62mg (4.21%), Sodium: 307.13mg (13.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Vitamin K: 57.48µg (54.74%), Vitamin A: 2439.57IU (48.79%), Vitamin C: 37.79mg (45.81%), Potassium: 631.06mg (18.03%), Manganese: 0.31mg (15.48%), Fiber: 3.42g (13.69%), Vitamin B6: 0.27mg (13.51%), Folate: 46.78µg (11.7%), Vitamin E: 1.75mg (11.65%), Phosphorus: 111.06mg (11.11%), Calcium: 104.31mg (10.43%), Vitamin B2: 0.17mg (10.08%), Copper: 0.17mg (8.6%), Vitamin B3: 1.71mg (8.56%), Magnesium: 33.33mg (8.33%), Vitamin B1: 0.12mg (8%), Zinc: 0.87mg (5.83%), Iron: 0.98mg (5.43%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.38mg (3.76%), Selenium: 2.21µg (3.15%)