



Cornbread-Stuffed Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



698 kcal

SIDE DISH

Ingredients

- ☐ 4 to 6 bacon crumbled cooked
- ☐ 2 cups cornbread crumbled
- ☐ 3 to 4 green onions chopped
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings salt and pepper to taste
- ☐ 4 tomatoes ripe

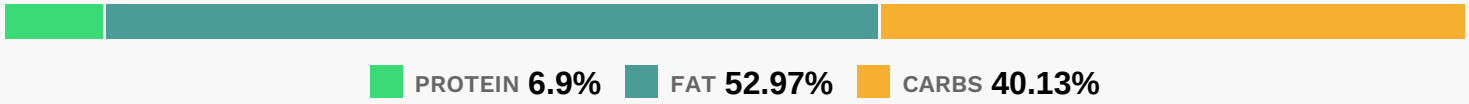
Equipment

- ☐ bowl

Directions

- ☐ Remove tomato cores; scoop out pulp, and place in a bowl, leaving shells in tact.
- ☐ Stir together tomato pulp, cornbread, and remaining ingredients. Spoon mixture into tomato shells.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:19.198260823022%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 697.53kcal (34.88%), Fat: 41.27g (63.49%), Saturated Fat: 10.65g (66.57%), Carbohydrates: 70.36g (23.45%), Net Carbohydrates: 65.93g (23.97%), Sugar: 22.53g (25.03%), Cholesterol: 93.71mg (31.24%), Sodium: 1233.4mg (53.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.18%), Vitamin K: 78.36µg (74.63%), Phosphorus: 532.94mg (53.29%), Vitamin A: 1337.03IU (26.74%), Folate: 90.67µg (22.67%), Vitamin C: 18.66mg (22.62%), Vitamin B1: 0.34mg (22.58%), Selenium: 15.41µg (22.02%), Manganese: 0.42mg (21.11%), Vitamin B3: 4.03mg (20.14%), Calcium: 181.94mg (18.19%), Fiber: 4.43g (17.72%), Iron: 2.8mg (15.58%), Vitamin E: 2.33mg (15.53%), Vitamin B2: 0.26mg (15.34%), Potassium: 522.88mg (14.94%), Vitamin B6: 0.27mg (13.26%), Vitamin B5: 0.97mg (9.73%), Magnesium: 38.37mg (9.59%), Copper: 0.18mg (9.06%), Zinc: 1.34mg (8.93%), Vitamin B12: 0.42µg (6.93%)