



Deviled Tomatoes

READY IN



35 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

Ingredients

- 6 slices bacon cut into 1/2-inch pieces
- 2 cloves garlic minced
- 1 cup bell pepper green chopped
- 2 jalapeño peppers diced seeded
- 1 tablespoon oregano fresh chopped
- 0.8 cup pepper jack cheese shredded
- 1 cup onion red chopped
- 6 servings salt and pepper black freshly ground
- 6 slices sourdough bread toasted

3 large tomatoes halved

Equipment

frying pan

paper towels

oven

baking pan

broiler

Directions

In a large skillet over medium heat, cook the bacon until crisp, about 6 minutes.

Transfer the bacon to paper towels and reserve the drippings in the skillet.

Add the onions, bell peppers, garlic and jalapenos to the skillet. Cook, stirring occasionally, for 5 minutes.

Meanwhile, scoop the flesh out of the center of the tomatoes and chop, reserving the shells.

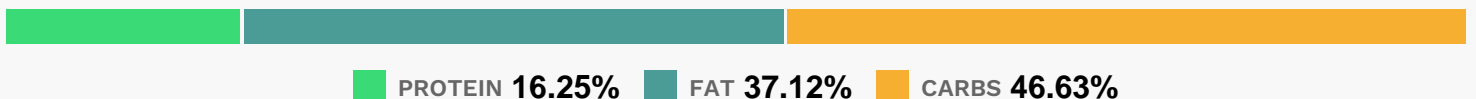
Add the chopped tomatoes to the skillet and stir in the oregano. Season with salt and pepper and cook for 2 minutes.

Position an oven rack in the center of the oven and heat the broiler.

Put the bread slices in a 9-by-13-inch baking dish. Top each slice of bread with a tomato half. Divide the vegetable mixture evenly among the tomato halves. Top the tomatoes with the bacon and cheese. Broil until the cheese is melted, about 3 minutes.

A viewer or guest of the show, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts



Properties

Glycemic Index:46.92, Glycemic Load:27.36, Inflammation Score:-9, Nutrition Score:18.014347838319%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 355.82kcal (17.79%), Fat: 14.87g (22.88%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 38.14g (13.87%), Sugar: 7.38g (8.2%), Cholesterol: 27.09mg (9.03%), Sodium: 622.57mg (27.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin C: 40.27mg (48.81%), Vitamin B1: 0.58mg (38.85%), Selenium: 25.11µg (35.87%), Manganese: 0.58mg (29.17%), Folate: 105.74µg (26.44%), Vitamin B3: 4.78mg (23.9%), Vitamin B2: 0.39mg (22.74%), Vitamin A: 1032.33IU (20.65%), Phosphorus: 200.27mg (20.03%), Iron: 3.43mg (19.03%), Calcium: 173.59mg (17.36%), Vitamin B6: 0.34mg (16.98%), Fiber: 3.91g (15.63%), Vitamin K: 16.16µg (15.39%), Potassium: 455.36mg (13.01%), Magnesium: 45.46mg (11.37%), Zinc: 1.62mg (10.82%), Copper: 0.2mg (10.16%), Vitamin E: 1.18mg (7.84%), Vitamin B5: 0.53mg (5.34%), Vitamin B12: 0.23µg (3.79%), Vitamin D: 0.17µg (1.15%)