



Feta-Stuffed Tomatoes

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 2 tablespoons olive oil
- ☐ 4 large tomatoes

Equipment

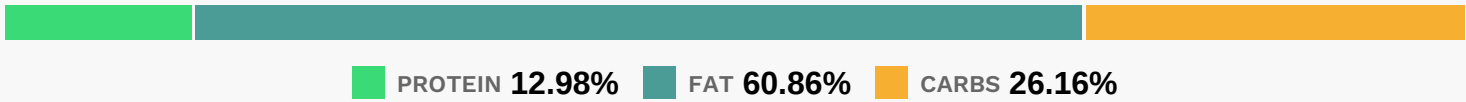
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut 4 large tomatoes in half horizontally. Scoop out pulp from each tomato half, leaving shells intact; discard seeds and coarsely chop pulp. Stir together pulp; 4 ounces crumbled feta cheese; 1/4 cup fine, dry breadcrumbs; 2 tablespoons chopped green onions; 2 tablespoons chopped fresh parsley; and 2 tablespoons olive oil in a medium bowl. Spoon mixture evenly into tomato shells, and place in a 13- x 9-inch baking dish.
- ☐ Bake at 350 for 15 minutes.
- ☐ Garnish with Italian parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:7.1539130159046%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 99.05kcal (4.95%), Fat: 6.92g (10.64%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 5.38g (1.96%), Sugar: 2.65g (2.94%), Cholesterol: 12.62mg (4.21%), Sodium: 191.72mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin K: 29.28µg (27.88%), Vitamin A: 917.04IU (18.34%), Vitamin C: 14.08mg (17.07%), Vitamin B2: 0.15mg (8.98%), Calcium: 87.65mg (8.77%), Phosphorus: 76.31mg (7.63%), Manganese: 0.14mg (7.14%), Vitamin B6: 0.14mg (6.94%), Vitamin E: 1.04mg (6.93%), Potassium: 240.79mg (6.88%), Folate: 24.28µg (6.07%), Vitamin B1: 0.09mg (5.99%), Fiber: 1.32g (5.26%), Vitamin B3: 0.93mg (4.63%), Selenium: 2.99µg (4.27%), Vitamin B12: 0.25µg (4.19%), Zinc: 0.63mg (4.19%), Magnesium: 14.95mg (3.74%), Copper: 0.07mg (3.48%), Iron: 0.6mg (3.36%), Vitamin B5: 0.24mg (2.42%)