



Goat Cheese Stuffed Tomatoes

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients

- 1 tablespoon torn basil leaves fresh
- 2 tablespoons bread crumbs
- 4 ounces goat cheese
- 4 servings kosher salt and ground pepper black to taste
- 2 tablespoons olive oil
- 1 tablespoon bottled roasted peppers red chopped
- 4 large tomatoes fresh

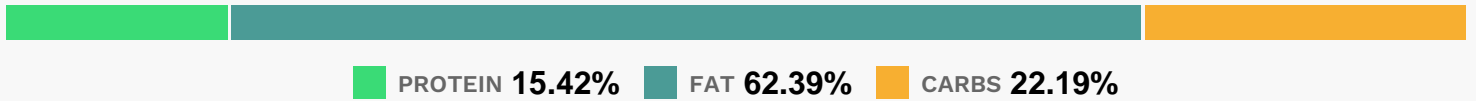
Equipment

- bowl
- oven
- baking pan
- broiler

Directions

- Preheat the oven broiler.
- Slice the tops off of the tomatoes and hollow out by removing the seeds.
- In a bowl, mix the goat cheese and chopped red peppers together. Spoon an equal amount of the cheese mixture into each hollowed out tomato.
- Place stuffed tomatoes upright in a baking dish. Top each tomato evenly with the bread crumbs and torn basil.
- Drizzle with olive oil and season with salt and pepper.
- Place under broiler for 5 to 10 minutes until bread crumbs are lightly browned.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:11.019565105438%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 190.26kcal (9.51%), Fat: 13.62g (20.96%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 8.41g (3.06%), Sugar: 5.35g (5.95%), Cholesterol: 13.04mg (4.35%), Sodium: 200.81mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.15%), Vitamin A: 1855.06IU (37.1%), Vitamin C: 26.74mg (32.42%), Vitamin K: 21.67µg (20.64%), Copper: 0.34mg (16.79%), Manganese: 0.31mg (15.31%), Vitamin E: 2.05mg (13.67%), Potassium: 456.78mg (13.05%), Phosphorus: 125.68mg (12.57%), Vitamin B6: 0.23mg (11.51%), Fiber: 2.49g

(9.95%), Vitamin B2: 0.16mg (9.65%), Folate: 37µg (9.25%), Vitamin B1: 0.14mg (9.12%), Vitamin B3: 1.56mg (7.8%), Iron: 1.37mg (7.59%), Calcium: 69.95mg (7%), Magnesium: 27.6mg (6.9%), Zinc: 0.65mg (4.36%), Vitamin B5: 0.39mg (3.86%), Selenium: 2.07µg (2.96%), Vitamin B12: 0.07µg (1.19%)