



Grilled Stuffed Tomatoes

READY IN



20 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons basil leaves chopped
- ☐ 2 cups orzo pasta cooked
- ☐ 6 ounces goat cheese
- ☐ 2 tablespoons green onions chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan grated
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 large tomatoes

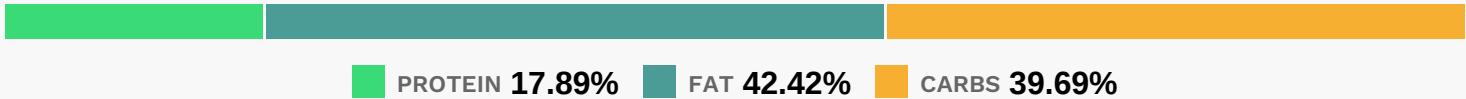
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to medium heat.
- ☐ Cut the tomatoes and core them, removing all the seeds and juice.
- ☐ In a medium bowl add the onions, basil, and goat cheese.
- ☐ Mix and season with salt and freshly ground black pepper.
- ☐ Add cooked orzo and combine. Stuff the tomatoes with the mixture.
- ☐ Drizzle olive oil over the tomatoes. Top the tomatoes with the Parmesan.
- ☐ Place the tomatoes directly on the grill with the cover closed and cook for 10 minutes. The juices will begin to run.
- ☐ Remove from grill and place on platter.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:10.73, Inflammation Score:-8, Nutrition Score:13.482608572296%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 264.72kcal (13.24%), Fat: 12.67g (19.5%), Saturated Fat: 5.62g (35.14%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 23.28g (8.47%), Sugar: 5.47g (6.08%), Cholesterol: 15.87mg (5.29%), Sodium: 181.26mg (7.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.05%), Vitamin A: 1897.11IU (37.94%), Vitamin C:

25.43mg (30.82%), Selenium: 18.21µg (26.01%), Vitamin K: 24.84µg (23.66%), Manganese: 0.46mg (23.05%),
Copper: 0.38mg (19.21%), Phosphorus: 182.6mg (18.26%), Potassium: 478.83mg (13.68%), Fiber: 3.39g (13.58%),
Vitamin B6: 0.25mg (12.67%), Vitamin E: 1.77mg (11.8%), Calcium: 114.7mg (11.47%), Iron: 1.95mg (10.83%), Vitamin B2:
0.17mg (10.05%), Magnesium: 38.61mg (9.65%), Folate: 37.11µg (9.28%), Vitamin B3: 1.48mg (7.41%), Vitamin B1:
0.1mg (6.85%), Zinc: 1.02mg (6.78%), Vitamin B5: 0.45mg (4.48%), Vitamin B12: 0.1µg (1.73%)