



Herb Stuffed Tomatoes

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 5 beefsteak tomatoes
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup bread crumbs italian-style
- ☐ 1 teaspoon butter softened
- ☐ 1 cup flat-leaf parsley leaves chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup provolone cheese grated

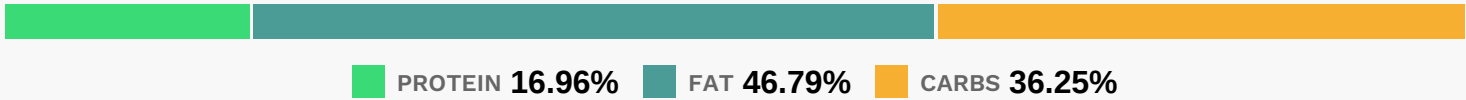
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Cut the tomatoes in half, horizontally. Use a small spoon to gently hollow out the inside of the tomatoes, discarding the seeds and reserving the pulp and being careful not to puncture the outer shell. Chop the reserved pulp and put in a medium bowl.
- ☐ Add the parsley, bread crumbs, cheese, and pepper and mix gently to combine.
- ☐ Place the tomato halves in a buttered casserole dish, and fill with the bread crumb mixture.
- ☐ Drizzle the top of the tomatoes with olive oil.
- ☐ Bake until the tops are browned, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:2.35, Inflammation Score:-9, Nutrition Score:17.216956514379%

Flavonoids

Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 174.44kcal (8.72%), Fat: 9.42g (14.49%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 13.15g (4.78%), Sugar: 6.37g (7.08%), Cholesterol: 12.73mg (4.24%), Sodium: 213mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Vitamin K: 143.07µg (136.26%), Vitamin A: 2563.09IU (51.26%), Vitamin C: 39.09mg (47.38%), Manganese: 0.36mg (17.85%), Calcium: 175.33mg (17.53%), Potassium: 588.81mg (16.82%), Phosphorus: 154.15mg (15.41%), Folate: 55.79µg (13.95%), Fiber: 3.27g (13.08%), Vitamin B1: 0.19mg (12.41%), Vitamin E: 1.77mg (11.79%), Vitamin B3: 2.06mg (10.29%), Vitamin B6: 0.2mg (10.06%), Iron: 1.64mg (9.11%), Magnesium: 36.22mg (9.05%), Copper: 0.17mg (8.37%), Vitamin B2: 0.14mg (8.34%), Zinc:

1.12mg (7.48%), Selenium: 4.96µg (7.09%), Vitamin B12: 0.28µg (4.62%), Vitamin B5: 0.36mg (3.55%)