



## Herb-Stuffed Tomatoes

READY IN



60 min.

SERVINGS



8

CALORIES



321 kcal

SIDE DISH

### Ingredients

- 3 cups breadcrumbs fresh
- 2 tablespoons chives chopped
- 1 large eggs beaten
- 2 tablespoons basil fresh chopped
- 2 tablespoons basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 4 garlic clove finely chopped
- 4 tablespoons olive oil
- 0.5 onion finely chopped

- 1 teaspoon oregano dried
- 1 cup parmesan grated
- 8 servings salt and pepper
- 8 tomatoes
- 1 tablespoon butter unsalted

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- sieve
- baking pan
- kitchen towels

## Directions

- Preheat oven to 375F.
- Cut tomatoes in half and spoon out flesh. Put flesh in a sieve set over a bowl and press down to release juices; reserve. Season inside of tomatoes with salt and pepper; invert over a baking sheet lined with a kitchen towel.
- Melt butter with 2 Tbsp. oil in a skillet over low heat.
- Add onion and saut for 5 minutes.
- Add garlic; saut for 3 minutes.
- Remove from heat. Stir in bread crumbs, herbs and Parmesan. Stir in 1/4 cup of tomato juices, then egg.
- Stuff tomatoes with breadcrumb mixture. Grease a 9-by-13-inch baking dish.
- Place tomatoes in dish in a single layer.
- Drizzle with 2 Tbsp. oil.
- Bake for 30 minutes, until topping is browned and crisp.

# Nutrition Facts

PROTEIN 14.88% FAT 40.83% CARBS 44.29%

## Properties

Glycemic Index:43, Glycemic Load:1.67, Inflammation Score:-8, Nutrition Score:16.219999805741%

## Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

## Nutrients (% of daily need)

Calories: 320.94kcal (16.05%), Fat: 14.68g (22.58%), Saturated Fat: 4.64g (29.03%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 32.2g (11.71%), Sugar: 6.21g (6.9%), Cholesterol: 35.51mg (11.84%), Sodium: 707.07mg (30.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.08%), Vitamin K: 40.71µg (38.77%), Vitamin B1: 0.45mg (30.2%), Manganese: 0.58mg (28.98%), Vitamin A: 1373.86IU (27.48%), Calcium: 250.65mg (25.07%), Vitamin C: 19.78mg (23.97%), Selenium: 15.22µg (21.75%), Phosphorus: 202.12mg (20.21%), Folate: 70.58µg (17.65%), Vitamin B3: 3.51mg (17.57%), Vitamin B2: 0.26mg (15.57%), Iron: 2.78mg (15.44%), Fiber: 3.62g (14.48%), Vitamin E: 1.9mg (12.69%), Potassium: 421.46mg (12.04%), Vitamin B6: 0.2mg (10.12%), Magnesium: 40.43mg (10.11%), Copper: 0.2mg (10%), Zinc: 1.28mg (8.54%), Vitamin B12: 0.35µg (5.84%), Vitamin B5: 0.52mg (5.16%), Vitamin D: 0.21µg (1.42%)