



Herb-Stuffed Tomatoes

READY IN



60 min.

SERVINGS



8

CALORIES



321 kcal

SIDE DISH

Ingredients

- 3 cups bread crumbs fresh
- 2 tablespoons chives chopped
- 1 large eggs beaten
- 2 tablespoons basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 4 garlic cloves 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 14.87% ■ FAT 40.84% ■ CARBS 44.29%

Properties

Glycemic Index:34.25, Glycemic Load:1.67, Inflammation Score:-8, Nutrition Score:16.064347863197%

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 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: 320.83kcal (16.04%), Fat: 14.68g (22.58%), Saturated Fat: 4.64g (29.03%), Carbohydrates: 35.81g (11.94%), Net Carbohydrates: 32.19g (11.71%), Sugar: 6.21g (6.9%), Cholesterol: 35.51mg (11.84%), Sodium: 707.05mg (30.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.05%), Vitamin K: 38.64µg (36.8%), Vitamin B1: 0.45mg (30.19%), Manganese: 0.57mg (28.69%), Vitamin A: 1347.48IU (26.95%), Calcium: 249.77mg (24.98%), Vitamin C: 19.69mg (23.87%), Selenium: 15.22µg (21.75%), Phosphorus: 201.84mg (20.18%), Folate: 70.24µg (17.56%), Vitamin B3: 3.51mg (17.55%), Vitamin B2: 0.26mg (15.55%), Iron: 2.76mg (15.35%), Fiber: 3.61g (14.45%), Vitamin E: 1.9mg (12.66%), Potassium: 419.98mg (12%), Vitamin B6: 0.2mg (10.08%), Magnesium: 40.11mg (10.03%), Copper: 0.2mg (9.91%), Zinc: 1.28mg (8.52%), Vitamin B12: 0.35µg (5.84%), Vitamin B5: 0.51mg (5.15%), Vitamin D: 0.21µg (1.42%)