



Herbed Bread-Stuffed Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 tablespoons olive oil extravirgin
- 1 tablespoon basil fresh minced
- 0.5 teaspoon thyme leaves fresh minced
- 1 teaspoon garlic minced
- 0.5 teaspoon kosher salt divided
- 1 teaspoon oregano fresh minced
- 2 tablespoons parmesan cheese fresh grated
- 1.5 pounds plum tomatoes firm ripe cut in half lengthwise

4 ounces bread whole wheat toasted cut into 1/2-inch cubes (2 slices)

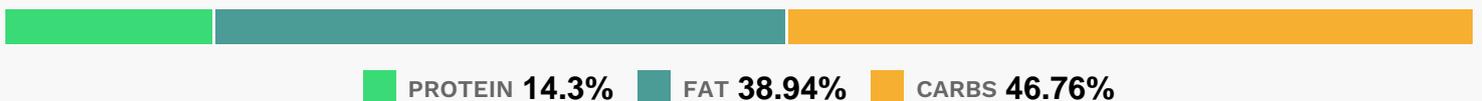
Equipment

- bowl
- oven
- sieve
- baking pan

Directions

- Preheat oven to 37
- Scoop pulp and seeds from tomato halves into a sieve over a bowl; press with a spoon. Reserve 1/4 cup liquid in bowl. Discard pulp mixture.
- Place tomato halves, cut sides up, in an 11 x 7-inch baking dish.
- Sprinkle with 1/4 teaspoon salt and pepper.
- Place bread in a bowl; drizzle with tomato liquid. Stir in remaining 1/4 teaspoon salt, basil, oil, oregano, thyme, and garlic. Fill tomato halves with bread stuffing, pressing gently.
- Sprinkle each with 1/2 teaspoon cheese.
- Bake at 375 for 12 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:79.17, Glycemic Load:9.2, Inflammation Score:-9, Nutrition Score:12.613478218084%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 161.96kcal (8.1%), Fat: 7.28g (11.2%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 15.62g (5.68%), Sugar: 5.77g (6.42%), Cholesterol: 1.7mg (0.57%), Sodium: 467.24mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.03%), Manganese: 0.86mg (43.19%), Vitamin A: 1484.79IU (29.7%), Vitamin C: 24.04mg (29.14%), Vitamin K: 24.25µg (23.1%), Fiber: 4.05g (16.18%), Potassium: 490.38mg (14.01%), Vitamin E: 1.93mg (12.87%), Phosphorus: 120.9mg (12.09%), Vitamin B1: 0.18mg (11.84%), Vitamin B3: 2.31mg (11.56%), Selenium: 8.01µg (11.45%), Magnesium: 44.12mg (11.03%), Vitamin B6: 0.22mg (10.81%), Calcium: 104.85mg (10.48%), Folate: 39.28µg (9.82%), Copper: 0.18mg (8.79%), Iron: 1.51mg (8.37%), Zinc: 0.89mg (5.93%), Vitamin B2: 0.09mg (5.47%), Vitamin B5: 0.37mg (3.7%)