



Lamb-Stuffed Tomatoes, Middle Eastern Style

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 1 large eggs
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1.5 pounds lamb
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon ground turmeric
- ☐ 0.8 cup matzo meal unsalted
- ☐ 1 large onion chopped

- ☐ 0.3 cup pinenuts
- ☐ 1.5 teaspoons salt
- ☐ 96 ounce tomatoes

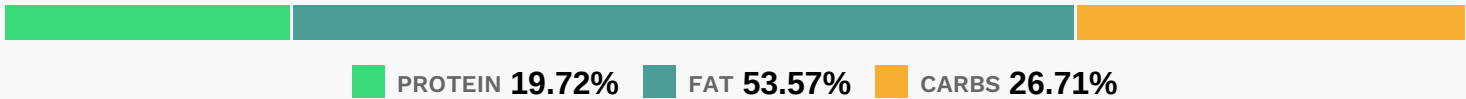
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer
- ☐ glass baking pan
- ☐ melon baller

Directions

- ☐ Stand tomatoes on stem ends.
- ☐ Cut off top 1/4 of tomatoes (reserve tops for another use). Using melon baller, scoop out seeds and pulp from tomatoes.
- ☐ Sprinkle insides of tomatoes lightly with salt.
- ☐ Place tomatoes, cut side down, on paper towels and drain 20 minutes.
- ☐ Preheat oven to 350°F. Lightly oil 13 x 9 x 2-inch glass baking dish.
- ☐ Mix lamb and all remaining ingredients in large bowl to blend. Fill tomatoes with lamb stuffing, mounding slightly at top. Arrange tomatoes in prepared dish.
- ☐ Bake tomatoes until stuffing is cooked through and meat thermometer inserted into center of stuffing registers 160°F, about 1 hour.
- ☐ Let stand at least 10 minutes.
- ☐ Serve tomatoes warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:2.62, Inflammation Score:-10, Nutrition Score:19.006086937759%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 267.66kcal (13.38%), Fat: 16.23g (24.97%), Saturated Fat: 6.15g (38.42%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 14.68g (5.34%), Sugar: 6.66g (7.4%), Cholesterol: 56.89mg (18.96%), Sodium: 343.71mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.89%), Vitamin K: 62.86µg (59.86%), Vitamin C: 35.65mg (43.21%), Vitamin A: 2159.69IU (43.19%), Manganese: 0.64mg (32%), Vitamin B3: 5.27mg (26.33%), Vitamin B12: 1.35µg (22.45%), Selenium: 15.27µg (21.81%), Potassium: 739.04mg (21.12%), Phosphorus: 182.05mg (18.21%), Zinc: 2.68mg (17.87%), Vitamin B6: 0.3mg (14.84%), Fiber: 3.53g (14.11%), Folate: 55.85µg (13.96%), Vitamin B1: 0.2mg (13.4%), Vitamin B2: 0.22mg (13.05%), Iron: 2.31mg (12.82%), Magnesium: 50.38mg (12.6%), Copper: 0.25mg (12.56%), Vitamin E: 1.68mg (11.18%), Vitamin B5: 0.71mg (7.12%), Calcium: 45.25mg (4.52%)