



Lentil Stuffed Tomatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 clove garlic crushed
- ☐ 8 servings ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 0.5 cup lentils red
- ☐ 8 servings salt to taste
- ☐ 8 medium tomatoes

- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water boiling
- ☐ 0.5 cup rice white uncooked

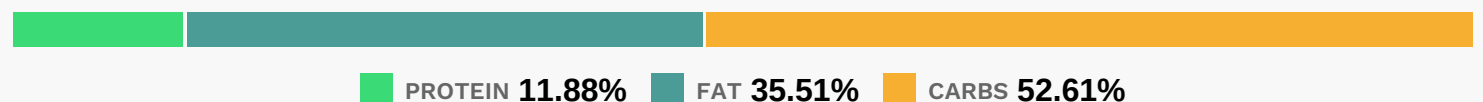
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Rinse rice and lentils in a strainer.
- ☐ Place in a small saucepan and stir in boiling water. Cover. Cook for 10 minutes over medium heat.
- ☐ Meanwhile, melt butter or margarine in a saute pan.
- ☐ Add onion, and saute until golden brown over medium low heat. Stir in lentil mixture and mint. Season generously with salt and pepper.
- ☐ Slice the tops off tomatoes, and reserve. Scoop out the middles, and reserve. Fill tomato shells with lentil mixture, and replace the tops. Stand in a baking dish.
- ☐ Chop reserved tomato middles, and place in a small bowl.
- ☐ Mix in oil and garlic.
- ☐ Pour around the stuffed tomatoes.
- ☐ Bake in a preheated 450 degree F (230 degree C) for 10 to 15 minutes.
- ☐ Remove from oven, and serve.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:7.97, Inflammation Score:-8, Nutrition Score:9.9134782957642%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 165.95kcal (8.3%), Fat: 6.7g (10.32%), Saturated Fat: 2.4g (15%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 16.98g (6.17%), Sugar: 4.07g (4.52%), Cholesterol: 7.53mg (2.51%), Sodium: 226mg (9.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Manganese: 0.46mg (23.01%), Vitamin A: 1143.85IU (22.88%), Vitamin C: 18.68mg (22.64%), Fiber: 5.37g (21.5%), Folate: 76.72µg (19.18%), Vitamin K: 17.01µg (16.2%), Potassium: 439.59mg (12.56%), Vitamin B1: 0.16mg (10.65%), Vitamin B6: 0.2mg (10.02%), Phosphorus: 99.57mg (9.96%), Copper: 0.17mg (8.56%), Magnesium: 32.66mg (8.16%), Iron: 1.35mg (7.51%), Vitamin E: 1.1mg (7.3%), Vitamin B3: 1.24mg (6.2%), Zinc: 0.92mg (6.1%), Vitamin B5: 0.49mg (4.94%), Selenium: 2.84µg (4.06%), Vitamin B2: 0.06mg (3.53%), Calcium: 29.49mg (2.95%)