



Mediterranean Stuffed Tomatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 0.5 cup d garlic croutons
- ☐ 1 ounce goat cheese crumbled
- ☐ 2 tablespoons salad dressing italian reduced-fat
- ☐ 0.3 cup kalamata olives pitted sliced
- ☐ 2 large tomatoes

Equipment

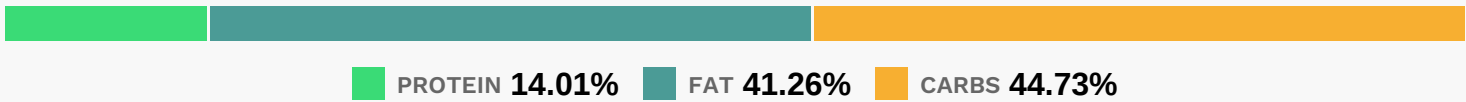
- ☐ bowl

- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Cut tomatoes in half crosswise. Use your finger to push out and discard seeds; use a paring knife to cut out the pulp, leaving 2 shells. Chop pulp, and transfer to a medium bowl.
- ☐ Place hollowed tomatoes, cut sides down, on a paper towel; drain 5 minutes.
- ☐ Add croutons, goat cheese, olives, dressing, and thyme or basil to pulp; mix well. Mound mixture into hollowed tomatoes.
- ☐ Place tomatoes on a baking sheet or broiler pan. Broil 4–5 inches from heat until hot and cheese melts (about 5 minutes).
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:2.68, Inflammation Score:-10, Nutrition Score:8.1817392538423%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 92.99kcal (4.65%), Fat: 4.59g (7.06%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 8.98g (3.26%), Sugar: 3.43g (3.81%), Cholesterol: 3.26mg (1.09%), Sodium: 234.97mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Vitamin C: 23.4mg (28.37%), Manganese: 0.46mg

(22.87%), Vitamin A: 1034.74IU (20.69%), Vitamin B6: 0.32mg (16.03%), Vitamin K: 11.64µg (11.09%), Copper: 0.19mg (9.36%), Potassium: 316.42mg (9.04%), Fiber: 2.22g (8.87%), Iron: 1.34mg (7.44%), Phosphorus: 71.09mg (7.11%), Calcium: 69.26mg (6.93%), Vitamin E: 0.99mg (6.62%), Magnesium: 22.27mg (5.57%), Vitamin B1: 0.08mg (5.17%), Vitamin B2: 0.08mg (4.71%), Folate: 16.84µg (4.21%), Selenium: 2.83µg (4.04%), Vitamin B3: 0.78mg (3.92%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.25mg (2.47%)