



Mexican Stuffed Tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons bread crumbs dried
- ☐ 2 tablespoons flat-leaf parsley leaves fresh chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried crushed
- ☐ 2 pimentos jarred drained chopped
- ☐ 0.3 onion red chopped

- ☐ 4 servings salt and pepper
- ☐ 5 vine-ripe tomatoes yellow
- ☐ 0.5 small zucchini

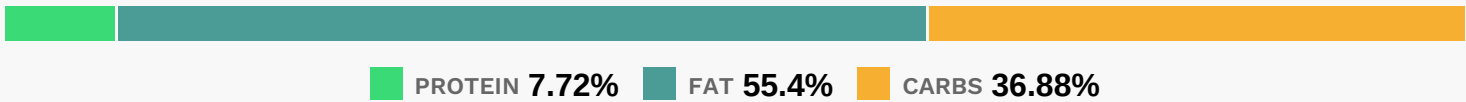
Equipment

- ☐ bowl

Directions

- ☐ Cut the tops off 4 tomatoes and trim a thin slice off the bottoms so that they will sit upright easily. Hollow out the tomatoes with a spoon over garbage bowl or sink. Season tomatoes with salt and pepper.
- ☐ Remove stem of remaining tomato. Seed and chop tomato.
- ☐ In a bowl, combine chopped tomato, pimentos, onions, zucchini, jalapeno, lemon juice, oregano and cilantro or parsley.
- ☐ Sprinkle bread crumbs evenly over the bowl.
- ☐ Add extra-virgin olive oil, 2 turns of the bowl in a slow stream or about 2 tablespoons. Toss mixture to combine and season, to taste, with salt and pepper. Fill the empty tomatoes with stuffing and serve.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:10.608695632738%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 117.93kcal (5.9%), Fat: 7.68g (11.81%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 8.87g (3.23%), Sugar: 5.3g (5.88%), Cholesterol: 0mg (0%), Sodium: 241.08mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin K: 52.4µg (49.91%), Vitamin C: 33mg (40%), Vitamin A: 1534.34IU (30.69%), Manganese: 0.28mg (13.83%), Vitamin E: 2.06mg (13.71%), Potassium: 450.57mg (12.87%), Fiber: 2.63g (10.51%), Folate: 38.62µg (9.66%), Vitamin B6: 0.18mg (9.17%), Vitamin B1: 0.12mg (7.97%), Vitamin B3: 1.41mg (7.05%), Magnesium: 24.87mg (6.22%), Copper: 0.12mg (6.06%), Iron: 1mg (5.58%), Phosphorus: 55.59mg (5.56%), Vitamin B2: 0.07mg (4.22%), Calcium: 36.09mg (3.61%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.23mg (2.29%), Selenium: 1.36µg (1.94%)