



 8%
HEALTH SCORE

Mushroom-Stuffed Tomatoes

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



250 kcal

SIDE DISH

Ingredients

- 4 large tomatoes
- 1 Dash salt
- 1 pound mushrooms fresh sliced
- 1 pound mushrooms fresh sliced
- 0.3 cup butter
- 2 tablespoons flour all-purpose
- 1 cup cup heavy whipping cream
- 2 tablespoons breadcrumbs soft

- 0.8 cup parsley fresh minced
- 0.7 cup cheddar cheese shredded divided

Equipment

- frying pan
- paper towels
- oven
- baking pan

Directions

- Cut tomatoes in half; scoop out and discard pulp, leaving a thin shell.
- Sprinkle lightly with salt; invert on paper towels to drain for 15 minutes.
- In a large skillet, saute mushrooms in butter until most of the liquid has evaporated, about 5 minutes.
- Sprinkle with flour; stir in cream. Bring to a boil; cook and stir until thickened, about 2 minutes.
- Remove from the heat. Stir in the bread crumbs, parsley and 1/3 cup of cheese. Spoon into tomato cups; sprinkle with remaining cheese.
- Place in a greased 13x9-in. baking dish.
- Bake, uncovered, at 400° until cheese is melted, about 10 minutes.

Nutrition Facts

 PROTEIN 12.27%  FAT 69.71%  CARBS 18.02%

Properties

Glycemic Index:35.75, Glycemic Load:2.9, Inflammation Score:-8, Nutrition Score:18.718695557636%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 250.48kcal (12.52%), Fat: 20.46g (31.47%), Saturated Fat: 12.42g (77.62%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 9.33g (3.39%), Sugar: 5.75g (6.39%), Cholesterol: 58.29mg (19.43%), Sodium: 151.78mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.2%), Vitamin K: 101.28µg (96.46%), Vitamin A: 1940.83IU (38.82%), Vitamin B2: 0.6mg (35.17%), Vitamin C: 22.51mg (27.28%), Vitamin B3: 5.01mg (25.06%), Selenium: 15.45µg (22.07%), Copper: 0.44mg (21.91%), Vitamin B5: 1.95mg (19.46%), Phosphorus: 190.86mg (19.09%), Potassium: 651.56mg (18.62%), Folate: 50.96µg (12.74%), Vitamin B1: 0.18mg (11.89%), Calcium: 113.04mg (11.3%), Vitamin B6: 0.22mg (10.84%), Fiber: 2.57g (10.3%), Manganese: 0.2mg (10.15%), Zinc: 1.28mg (8.52%), Iron: 1.42mg (7.86%), Magnesium: 29.28mg (7.32%), Vitamin E: 1.06mg (7.05%), Vitamin D: 0.76µg (5.06%), Vitamin B12: 0.21µg (3.56%)