



Oven-Roasted Tomatoes Stuffed with Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



234 kcal

SIDE DISH

Ingredients

- 2 tablespoons basil finely chopped
- 1 eggs lightly beaten
- 2 garlic minced
- 1.7 pounds goat cheese fresh
- 1 teaspoon kosher salt
- 0.3 cup olive oil extra-virgin
- 0.3 teaspoon pepper freshly ground

12 tomatoes

Equipment

bowl

oven

baking pan

Directions

Preheat the oven to 42

Slice off the top 1/2 inch of each tomato and reserve the tops. Scoop out the tomato cores and seeds.

Cut a very thin sliver off of the bottom of each tomato to help them stand up straight. Arrange the tomatoes in a 9-by-13-inch glass or ceramic baking dish.

In a bowl, combine the goat cheese with the egg, garlic, basil, salt, pepper and 2 tablespoons of the olive oil. Spoon the goat cheese mixture into the tomatoes, mounding the filling 1/2 inch above the rim. Cover with the tomato tops and drizzle with the remaining 2 tablespoons of olive oil.

Bake the tomatoes for 35 minutes, until tender and browned in spots and the cheese is hot.

Let stand for 15 minutes.

Serve warm or at room temperature.

Nutrition Facts

 **PROTEIN 22.24%**  **FAT 69.36%**  **CARBS 8.4%**

Properties

Glycemic Index:14.17, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:10.718260744344%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 234.41kcal (11.72%), Fat: 18.38g (28.28%), Saturated Fat: 9.95g (62.21%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 3.51g (1.28%), Sugar: 3.82g (4.24%), Cholesterol: 42.62mg (14.21%), Sodium: 437.18mg (19.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.52%), Vitamin A: 1713.03IU (34.26%), Copper: 0.54mg (26.99%), Vitamin C: 17.07mg (20.69%), Phosphorus: 199.07mg (19.91%), Vitamin B2: 0.28mg (16.49%), Vitamin K: 15.03µg (14.32%), Vitamin B6: 0.27mg (13.45%), Manganese: 0.22mg (11.11%), Calcium: 104.4mg (10.44%), Vitamin E: 1.47mg (9.78%), Iron: 1.64mg (9.13%), Potassium: 316.58mg (9.05%), Folate: 27.98µg (7%), Vitamin B1: 0.09mg (6.15%), Magnesium: 24.46mg (6.12%), Fiber: 1.5g (6.01%), Vitamin B5: 0.6mg (5.98%), Zinc: 0.85mg (5.64%), Vitamin B3: 1.01mg (5.06%), Selenium: 2.96µg (4.23%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.33µg (2.17%)