



Panzanella Stuffed Heirloom Tomatoes

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces breadsticks thin
- 4 large heirloom multi-colored tomatoes
- 4 servings kosher salt and freshly cracked pepper black
- 0.3 cup garlic olive oil as needed plus more flavored
- 0.5 onion red very thinly sliced
- 3 tablespoons red wine vinegar divided as needed plus more

Equipment

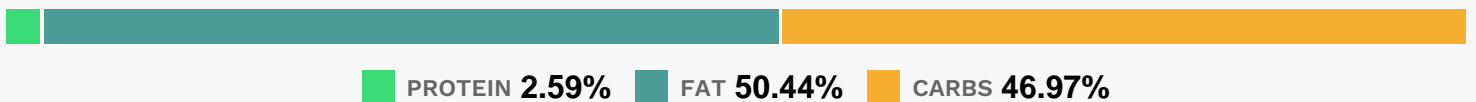
- bowl

- whisk
- mixing bowl
- sieve
- serrated knife

Directions

- Cut the top 1/4-inch off each tomato and reserve. With a serrated knife, cut the interior membrane away from the outside skin without cutting through completely; scoop the membrane and seeds out with a spoon and transfer to a strainer set over a bowl to drain. Season the hollowed tomatoes and the membrane in the strainer with salt and pepper.
- Put the onions in a small bowl and cover them with 2 tablespoons vinegar and a pinch of salt.
- Let stand 10 minutes; this will remove some of the raw sharp flavor of the onion. In a bowl, whisk together 1 tablespoon vinegar, the garlic oil and 1/4 cup of the drained tomato water. Season well with salt and pepper.
- Coarsely chop the drained tomato membrane and put in a mixing bowl.
- Drain the onions and add them along with the grissini pieces.
- Drizzle the dressing over the bowl and toss very well; season again and add more oil, tomato water and vinegar, as needed, to evenly moisten the stuffing. Stuff each tomato with 1/4 of the stuffing and garnish with the tomato tops. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:2.14, Inflammation Score:-8, Nutrition Score:9.045217404223%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 259.24kcal (12.96%), Fat: 15.24g (23.44%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 27.69g (10.07%), Sugar: 6.28g (6.97%), Cholesterol: 0mg (0%), Sodium: 440.19mg (19.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Vitamin C: 26.01mg (31.52%), Vitamin A: 1516.34IU (30.33%), Vitamin K: 22.56µg (21.49%), Vitamin E: 2.93mg (19.53%), Fiber: 4.23g (16.93%), Iron: 2.35mg (13.05%), Potassium: 455.98mg (13.03%), Manganese: 0.23mg (11.54%), Vitamin B6: 0.16mg (8.11%), Folate: 29.91µg (7.48%), Copper: 0.11mg (5.7%), Vitamin B3: 1.1mg (5.49%), Magnesium: 21.85mg (5.46%), Vitamin B1: 0.07mg (4.91%), Phosphorus: 48.57mg (4.86%), Vitamin B2: 0.04mg (2.25%), Zinc: 0.34mg (2.24%), Calcium: 22.29mg (2.23%), Vitamin B5: 0.18mg (1.79%)