



## Pesto-Stuffed Tomatoes

READY IN



30 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

### Ingredients

- 4 medium tomatoes ()
- 2 tablespoons parmesan fresh shredded
- 2 tablespoons pinenuts
- 2 tablespoons basil dried fresh chopped
- 1.5 teaspoons vegetable oil
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 2 slices bread
- 1 tablespoon parmesan fresh shredded

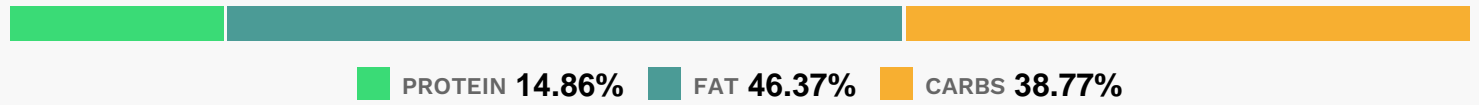
# Equipment

microwave

# Directions

- Cut 1/4-inch slice from stem end of each tomato; scoop out pulp. Discard seeds; chop pulp.
- Mix pulp, 2 tablespoons cheese, the nuts, basil, oil, garlic salt and pepper. Gently stir in bread crumbs. Fill tomatoes with mixture.
- Place tomatoes in 4 small custard cups or arrange in circle in shallow round microwavable dish. Cover loosely with waxed paper.
- Microwave on High 3 to 4 minutes or until tender.
- Sprinkle with 1 tablespoon cheese. Cover and let stand about 2 minutes or until cheese is melted.

# Nutrition Facts



# Properties

Glycemic Index:45.67, Glycemic Load:4.88, Inflammation Score:-7, Nutrition Score:12.656956501629%

# Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

# Nutrients (% of daily need)

Calories: 128.74kcal (6.44%), Fat: 7.04g (10.83%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 10.24g (3.72%), Sugar: 4.28g (4.76%), Cholesterol: 2.55mg (0.85%), Sodium: 424.77mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin K: 50.76µg (48.34%), Manganese: 0.96mg (48.03%), Vitamin A: 1071.17IU (21.42%), Vitamin C: 16.93mg (20.53%), Iron: 2.95mg (16.41%), Calcium: 120.53mg (12.05%), Fiber: 3.01g (12.03%), Magnesium: 47.91mg (11.98%), Potassium: 398.87mg (11.4%), Phosphorus: 108.03mg (10.8%), Copper: 0.2mg (10.22%), Vitamin E: 1.52mg (10.13%), Folate: 38.53µg (9.63%), Vitamin B3: 1.84mg (9.21%), Vitamin B1: 0.12mg (8.3%), Vitamin B6: 0.15mg (7.46%), Selenium: 4.98µg (7.11%), Vitamin B2: 0.11mg (6.27%), Zinc: 0.92mg (6.16%), Vitamin B5: 0.28mg (2.75%)