



Pesto-Stuffed Tomatoes

READY IN



30 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

Ingredients

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

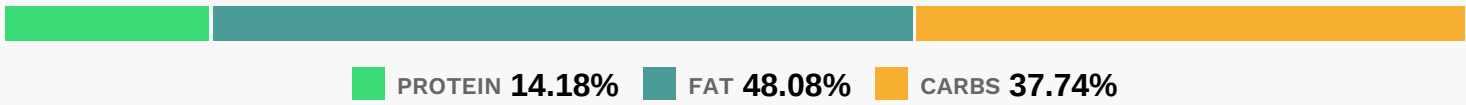
Equipment

☐ 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:9.376086903655%

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: 124.08kcal (6.2%), Fat: 6.96g (10.71%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 10.04g (3.65%), Sugar: 4.25g (4.72%), Cholesterol: 2.55mg (0.85%), Sodium: 423.26mg (18.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Manganese: 0.76mg (38.23%), Vitamin A: 1056.29IU (21.13%), Vitamin C: 16.92mg (20.51%), Vitamin K: 16.47µg (15.69%), Phosphorus: 102.55mg (10.26%), Potassium: 346.27mg (9.89%), Fiber: 2.25g (9.01%), Vitamin B3: 1.74mg (8.72%), Vitamin E: 1.3mg (8.7%), Magnesium: 33.69mg (8.42%), Vitamin B1: 0.12mg (8.19%), Copper: 0.16mg (8.12%), Folate: 32.33µg (8.08%), Calcium: 75.73mg (7.57%), Selenium: 4.92µg (7.03%), Iron: 1.16mg (6.43%), Vitamin B6: 0.12mg (6.12%), Zinc: 0.78mg (5.22%), Vitamin B2: 0.08mg (4.86%), Vitamin B5: 0.26mg (2.59%)