



Provençal Tomatoes

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients

- 1 tablespoon teaspoon basil dried fresh chopped
- 0.7 cup parsley fresh chopped
- 4 garlic cloves minced
- 0.8 cup italian-seasoned breadcrumbs
- 0.3 cup olive oil
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon pepper
- 6 medium size plum tomatoes
- 1 teaspoon salt

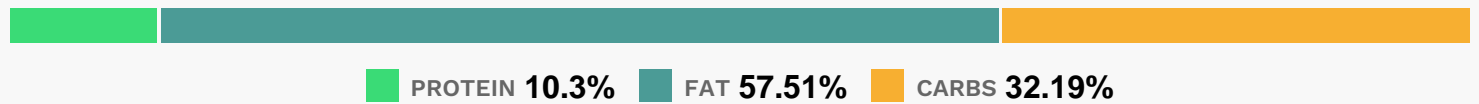
Equipment

- oven
- baking pan

Directions

- Cut tomatoes in half crosswise. Scoop out and discard pulp, leaving 1/4-inch-thick shells.
- Place, cut side up, in a lightly greased 11- x 7-inch baking dish.
- Sprinkle with salt and pepper.
- Stir together cheese and next 5 ingredients; spoon over tomato.
- Bake at 350 for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:12.151304325332%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 177.43kcal (8.87%), Fat: 11.57g (17.8%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 12.79g (4.65%), Sugar: 2.57g (2.86%), Cholesterol: 4.98mg (1.66%), Sodium: 692.6mg (30.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Vitamin K: 128.33µg (122.22%), Vitamin A: 1173.74IU (23.47%), Vitamin C: 18.45mg (22.36%), Manganese: 0.29mg (14.66%), Vitamin B1: 0.18mg (11.91%), Vitamin E: 1.75mg (11.69%), Calcium: 97.09mg (9.71%), Folate: 37.93µg (9.48%), Selenium: 5.95µg (8.5%), Phosphorus: 84.03mg (8.4%), Iron: 1.46mg (8.1%), Fiber: 1.79g (7.15%), Vitamin B3: 1.4mg (7.02%), Potassium: 240.13mg (6.86%), Vitamin B2: 0.1mg (6.03%), Vitamin B6: 0.11mg (5.58%), Magnesium: 20.01mg (5%), Copper: 0.1mg (4.76%), Zinc: 0.66mg (4.4%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.21mg (2.08%)