



Provencal Tomatoes

READY IN



40 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1.5 cups bread crumbs fresh white (5 slices, crusts removed)
- ☐ 0.3 cup basil leaves fresh minced
- ☐ 2 tablespoons flat-leaf parsley fresh minced
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup gruyère cheese grated
- ☐ 8 servings kosher salt
- ☐ 8 servings olive oil good

- ☐ 0.3 cup scallions white green minced (2 scallions)
- ☐ 6 tomatoes ripe ()

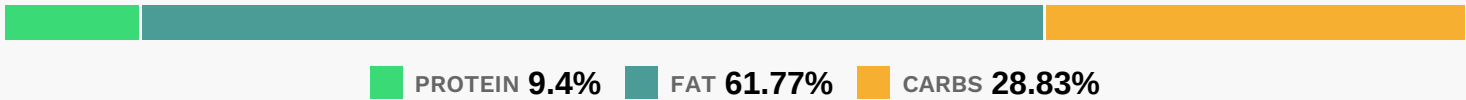
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Cut the cores from the tomatoes, removing as little as possible.
- ☐ Cut them in half crosswise and, with your fingers, remove the seeds and juice.
- ☐ Place the tomato halves in a baking dish.
- ☐ In a bowl, combine the bread crumbs, scallions, basil, parsley, garlic, thyme, and 1 teaspoon salt.
- ☐ Sprinkle the tomato halves generously with salt and pepper. With your hands, fill the cavities and cover the tops of the tomatoes with the bread crumb mixture.
- ☐ Bake the tomatoes for 15 minutes, or until they're tender.
- ☐ Sprinkle with the cheese, drizzle with olive oil, and bake for 30 seconds more.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:10.694347789754%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.28mg, Myricetin:

0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 257.45kcal (12.87%), Fat: 17.95g (27.62%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 16.65g (6.05%), Sugar: 3.8g (4.23%), Cholesterol: 9.07mg (3.03%), Sodium: 407.07mg (17.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin K: 43.43µg (41.36%), Vitamin A: 1008.16IU (20.16%), Vitamin C: 15.12mg (18.33%), Vitamin E: 2.59mg (17.24%), Manganese: 0.34mg (16.79%), Vitamin B1: 0.24mg (15.96%), Calcium: 137.13mg (13.71%), Phosphorus: 109.06mg (10.91%), Folate: 40.46µg (10.11%), Vitamin B3: 1.95mg (9.73%), Selenium: 6.43µg (9.19%), Fiber: 2.2g (8.81%), Iron: 1.5mg (8.32%), Potassium: 286.66mg (8.19%), Vitamin B2: 0.13mg (7.52%), Copper: 0.12mg (6%), Magnesium: 23.99mg (6%), Vitamin B6: 0.12mg (5.95%), Zinc: 0.81mg (5.43%), Vitamin B12: 0.2µg (3.38%), Vitamin B5: 0.25mg (2.55%)