



Quinoa Stuffed Tomatoes with Pesto and Goat Cheese



Gluten Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tbsp basil fresh minced
- ☐ 0.5 tsp garlic crushed
- ☐ 4 oz goat cheese
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp parmesan grated
- ☐ 0.5 cup quinoa
- ☐ 6 servings salt and pepper to taste

☐ 42 oz tomatoes

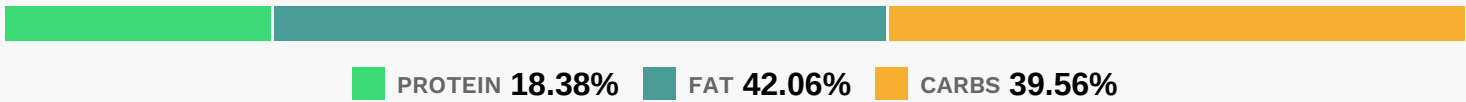
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ baking pan
- ☐ pastry brush

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Quinoa Stuffed Tomatoes with Pesto and Goat Cheese
- ☐ Ingredients6 tomatoes (7–8 oz each)1/2 cup quinoa1/2 tsp crushed garlic1 tbsp olive oil2 tbsp + 4 1/2 tsp pesto, divided2 tbsp grated parmesan1/2 tbsp minced fresh basil
- ☐ Salt and pepper to taste6 tbsp (about 4 oz) goat cheese
- ☐ Whole fresh basil leaves for garnish (optional)You will also need
- ☐ Wire mesh sieve, medium bowl, small bowl, pastry brush, small saucepan, 9x9 inch baking pan or dish
- ☐ Prep Time: 35 Minutes
- ☐ Cook Time: 25 Minutes
- ☐ Total Time: 1 Hour
- ☐ Servings: 6
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:12.730869656024%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 165.38kcal (8.27%), Fat: 8.01g (12.32%), Saturated Fat: 3.51g (21.91%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 13.57g (4.93%), Sugar: 5.4g (6.01%), Cholesterol: 9.83mg (3.28%), Sodium: 300.78mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.75%), Vitamin A: 1891.01IU (37.82%), Vitamin C: 27.35mg (33.16%), Manganese: 0.54mg (27.19%), Vitamin K: 19.63µg (18.7%), Phosphorus: 172.97mg (17.3%), Copper: 0.34mg (17.12%), Potassium: 559.07mg (15.97%), Folate: 58.58µg (14.65%), Vitamin B6: 0.28mg (14.01%), Fiber: 3.39g (13.55%), Magnesium: 53.89mg (13.47%), Vitamin E: 1.8mg (11.97%), Vitamin B2: 0.16mg (9.46%), Vitamin B1: 0.14mg (9.26%), Iron: 1.59mg (8.84%), Vitamin B3: 1.49mg (7.43%), Calcium: 74.19mg (7.42%), Zinc: 1mg (6.69%), Vitamin B5: 0.42mg (4.25%), Selenium: 2.14µg (3.06%)