



Rice and Beef Stuffed Tomatoes

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



7

CALORIES



244 kcal

SIDE DISH

Ingredients

- 30 ounce tomato sauce canned
- 1 clove garlic diced
- 1 pinch garlic salt to taste
- 7 servings ground pepper black to taste
- 1 cup rice instant
- 1 pound ground beef lean
- 7 tomatoes
- 1 cup water

1 onion yellow chopped

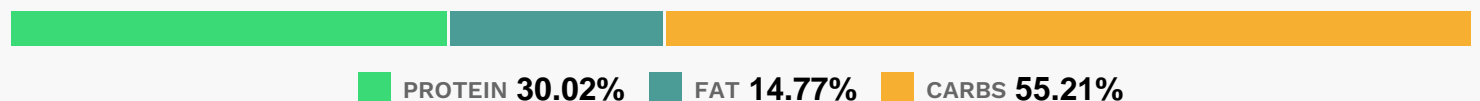
Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Cut tops from tomatoes and scoop out the pulp; transfer pulp to a bowl and chop. Reserve tops of tomatoes.
- Bring water to a boil in a saucepan, pour in the rice, and cover pan; let stand until rice absorbs water, about 5 minutes.
- Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Mix cooked rice, onion, garlic, garlic salt, and black pepper into ground beef; add reserved tomato pulp and tomato sauce. Bring the mixture to a boil, reduce heat to low, and simmer until thickened, 10 minutes.
- Set hollowed-out tomatoes into the prepared baking dish and fill each tomato with ground beef mixture. If desired, place tomato tops back on filled tomatoes.
- Pour tomato juice over filled tomatoes for extra juiciness.
- Bake in the preheated oven until tomatoes are tender and filling is hot, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:16.43, Inflammation Score:-8, Nutrition Score:18.150869605334%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 243.71kcal (12.19%), Fat: 4.05g (6.22%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 30.1g (10.94%), Sugar: 8.26g (9.18%), Cholesterol: 40.18mg (13.39%), Sodium: 634.09mg (27.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.02%), Vitamin C: 26.65mg (32.31%), Vitamin A: 1551.58IU (31.03%), Manganese: 0.6mg (30.22%), Vitamin B3: 5.94mg (29.7%), Zinc: 4.1mg (27.33%), Vitamin B6: 0.54mg (26.96%), Potassium: 932.95mg (26.66%), Vitamin B12: 1.45µg (24.19%), Selenium: 16.14µg (23.06%), Phosphorus: 226.39mg (22.64%), Iron: 3.3mg (18.35%), Vitamin E: 2.63mg (17.53%), Copper: 0.33mg (16.72%), Fiber: 3.94g (15.77%), Magnesium: 54.81mg (13.7%), Vitamin B2: 0.22mg (13.21%), Vitamin K: 13.57µg (12.93%), Vitamin B5: 1.19mg (11.92%), Folate: 37.75µg (9.44%), Vitamin B1: 0.13mg (8.53%), Calcium: 48.39mg (4.84%)