



Risotto-Stuffed Tomatoes

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

Ingredients

- 2 tablespoons basil leaves chopped
- 1 garlic clove minced
- 0.8 teaspoon kosher salt
- 4 tablespoons olive oil extra-virgin divided
- 0.5 cup onion chopped
- 0.3 cup parmesan cheese grated
- 2 tablespoons parsley chopped
- 0.5 teaspoon pepper

- 0.1 teaspoon chile flakes red
- 8 medium firm-ripe tomatoes on the vine red with small stems (2 1/3 lbs. total)
- 0.7 cup rice medium-grain white

Equipment

- food processor
- sauce pan
- oven
- baking pan

Directions

- Cut tops from tomatoes about 3/4 in. from stems (keep leaves and small stems attached) and set aside. Working over a food processor and using a teaspoon, carefully scoop out tomato pulp and juices, leaving only the outer walls. Pure pulp and juices, then measure; you should have 2 cups. Trim a very thin slice from base of tomatoes so they sit flat (if you get a hole, patch from the inside with a tomato slice).
- Heat 3 tbsp. oil in a medium saucepan over medium heat. Cook onion and garlic, stirring occasionally, until lightly browned, about 5 minutes.
- Add rice, kosher salt, pepper, and chile flakes, stirring to coat. Stir in tomato pure and 1/4 cup water.
- Cook uncovered, stirring occasionally, until liquid is reduced to the surface of rice, 8 to 10 minutes. Reduce heat to medium-low, cover, and cook, stirring once or twice, until rice is cooked through, about 15 minutes.
- Meanwhile, preheat oven to 450 with a rack in the top third of oven. Grease a shallow baking dish with some of remaining oil. Stir parsley, basil, and cheese into risotto. Divide risotto evenly among tomato shells, mounding it a bit, and set in oiled dish, rice side up.
- Brush reserved tomato tops with oil and loosely set on tomatoes.
- Sprinkle tops with sea salt if you like.
- Bake until tomatoes soften a bit, 12 to 15 minutes.
- Serve warm or at room temperature.

Nutrition Facts



■ PROTEIN 8.66% ■ FAT 46.11% ■ CARBS 45.23%

Properties

Glycemic Index:36.27, Glycemic Load:8.95, Inflammation Score:-7, Nutrition Score:8.3760869120774%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 163.27kcal (8.16%), Fat: 8.55g (13.15%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 16.92g (6.15%), Sugar: 3.7g (4.11%), Cholesterol: 3.63mg (1.21%), Sodium: 299.57mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin K: 32.78µg (31.22%), Vitamin A: 1181.43IU (23.63%), Vitamin C: 19.13mg (23.19%), Manganese: 0.35mg (17.75%), Vitamin E: 1.74mg (11.58%), Potassium: 342.41mg (9.78%), Phosphorus: 78.29mg (7.83%), Fiber: 1.94g (7.75%), Vitamin B6: 0.15mg (7.32%), Calcium: 59.56mg (5.96%), Copper: 0.12mg (5.94%), Folate: 23.73µg (5.93%), Selenium: 3.91µg (5.58%), Magnesium: 21.02mg (5.26%), Vitamin B3: 1.02mg (5.09%), Vitamin B1: 0.06mg (4.27%), Zinc: 0.6mg (3.98%), Iron: 0.64mg (3.54%), Vitamin B5: 0.3mg (3.01%), Vitamin B2: 0.05mg (2.96%)