



Romas and Goats

READY IN



45 min.

SERVINGS



24

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup butter melted
- 0.3 cup parsley fresh chopped
- 1 teaspoon garlic minced
- 11 ounces goat cheese softened
- 1 tablespoon juice of lemon fresh
- 1 cup panko bread crumbs
- 1 cup parmesan cheese freshly grated
- 24 servings basil pesto

- 12 roma tomatoes (plum)
- 0.3 teaspoon salt

Equipment

- bowl
- baking sheet
- oven

Directions

- Stir together first 5 ingredients in a shallow dish. Stir in butter; set aside.
- Combine goat cheese, pepper, and salt in a small bowl.
- Cut tomatoes in half horizontally; trim a small amount from rounded edges, if necessary, so halves will stand upright.
- Remove seeds and pulp. Spoon about 2 teaspoons goat cheese mixture into each half.
- Dip tomato halves, upside down, in breadcrumb mixture, coating generously.
- Place, right side up, on an ungreased baking sheet.
- Bake at 400 for 15 to 18 minutes or until lightly browned.
- Transfer tomatoes to serving platter.
- Drizzle with pesto.
- *Panko--large coarse breadcrumbs typically used in Japanese cooking--can be found at Asian or international markets. Toasted fresh breadcrumbs can substitute.

Nutrition Facts

 PROTEIN 13.44%  FAT 73.52%  CARBS 13.04%

Properties

Glycemic Index:7.58, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:4.4360869604608%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.22mg, Naringenin: 0.22mg,

Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg,
Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin:
0.14mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 148.61kcal (7.43%), Fat: 12.22g (18.79%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 4.87g (1.62%), Net
Carbohydrates: 4.11g (1.5%), Sugar: 1.59g (1.77%), Cholesterol: 17.58mg (5.86%), Sodium: 325.71mg (14.16%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin A: 862.61IU (17.25%), Vitamin K: 13.46µg
(12.82%), Calcium: 88.93mg (8.89%), Phosphorus: 72.67mg (7.27%), Vitamin C: 5.36mg (6.5%), Copper: 0.12mg
(6.17%), Vitamin B2: 0.08mg (4.81%), Manganese: 0.08mg (4.17%), Selenium: 2.5µg (3.58%), Iron: 0.6mg (3.35%),
Vitamin B6: 0.07mg (3.31%), Vitamin B1: 0.05mg (3.13%), Fiber: 0.76g (3.04%), Potassium: 95.34mg (2.72%), Zinc:
0.4mg (2.67%), Folate: 10.31µg (2.58%), Magnesium: 8.54mg (2.13%), Vitamin B3: 0.42mg (2.1%), Vitamin E: 0.29mg
(1.96%), Vitamin B12: 0.09µg (1.58%), Vitamin B5: 0.15mg (1.51%)