



Shrimp-and-Rice Stuffed Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 2 ounces feta cheese crumbled
- 1 garlic clove minced
- 1 tablespoon juice of lemon fresh
- 1 teaspoon olive oil
- 1 cup onion chopped
- 2 tablespoons teaspoons oregano dried fresh chopped
- 1.8 cups rice long-grain uncooked

- 0.5 teaspoon salt
- 0.5 pound shrimp deveined peeled
- 3 pounds tomatoes ripe
- 0.5 cup water hot

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Cook rice according to package directions, omitting salt and fat.
- Place 2 cups cooked rice in a large bowl; set aside. Refrigerate remaining rice in an airtight container for another use.
- Preheat oven to 350
- Cut tops off tomatoes, and reserve. Carefully scoop out tomato pulp, leaving shells intact; reserve 1/2 cup pulp. Discard remaining pulp.
- Heat oil in a medium nonstick skillet over medium-high heat.
- Add onion; saut 3 minutes.
- Add garlic; saut 1 minute.
- Add reserved 1/2 cup tomato pulp; cook 5 minutes or until liquid evaporates.
- Add onion mixture, cheese, and next 5 ingredients (cheese through shrimp) to 2 cups rice.
- Place tomato shells in an 8-inch square baking dish. Divide rice mixture evenly among tomato shells; replace tomato tops.
- Add hot water to baking dish.
- Bake at 350 for 40 minutes or until tomatoes are tender and rice mixture is thoroughly heated.
- Serve warm or chilled.

Nutrition Facts

PROTEIN 19.05% FAT 10.69% CARBS 70.26%

Properties

Glycemic Index:55.05, Glycemic Load:43.51, Inflammation Score:-10, Nutrition Score:25.924347758293%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg

Nutrients (% of daily need)

Calories: 475.98kcal (23.8%), Fat: 5.71g (8.79%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 84.5g (28.17%), Net Carbohydrates: 77.58g (28.21%), Sugar: 10.94g (12.16%), Cholesterol: 103.9mg (34.63%), Sodium: 544.71mg (23.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.81%), Manganese: 1.49mg (74.46%), Vitamin C: 51.31mg (62.19%), Vitamin A: 2937.6IU (58.75%), Vitamin K: 43.63µg (41.55%), Phosphorus: 360.68mg (36.07%), Potassium: 1155.48mg (33.01%), Copper: 0.65mg (32.25%), Fiber: 6.92g (27.68%), Vitamin B6: 0.55mg (27.52%), Magnesium: 91.77mg (22.94%), Calcium: 214.91mg (21.49%), Selenium: 14.77µg (21.11%), Folate: 76.35µg (19.09%), Zinc: 2.78mg (18.53%), Vitamin B3: 3.63mg (18.14%), Vitamin E: 2.57mg (17.11%), Iron: 2.99mg (16.59%), Vitamin B1: 0.23mg (15.31%), Vitamin B2: 0.25mg (14.67%), Vitamin B5: 1.34mg (13.43%), Vitamin B12: 0.24µg (3.99%)