



Stuffed and Baked Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon parsley fresh finely minced
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon bell pepper green finely chopped
- ☐ 1 cup rice instant uncooked
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 large tomatoes firm

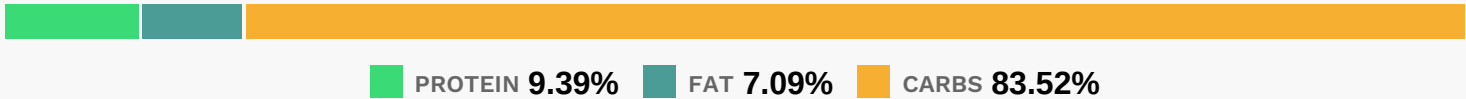
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a small saucepan over high heat, bring water to a boil. Stir in rice; cover and remove from heat.
- ☐ Let stand covered 5 minutes or until water is absorbed. Fluff with fork.
- ☐ Slice off the top of each tomato and scoop out the pulp, leaving a 1/4 inch thick shell. Reserve 3 tablespoons of pulp, chopped. Invert the tomatoes to drain.
- ☐ In a medium bowl combine rice, tomato pulp, green pepper, onion, parsley, salt, garlic and olive oil; mix well. Spoon filling into tomato shells.
- ☐ Bake in preheated oven for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:49.55, Glycemic Load:24.25, Inflammation Score:-8, Nutrition Score:11.630000114441%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 213.35kcal (10.67%), Fat: 1.69g (2.6%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 44.71g (14.9%), Net Carbohydrates: 41.79g (15.2%), Sugar: 5.02g (5.58%), Cholesterol: 0mg (0%), Sodium: 302.97mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.05%), Manganese: 0.73mg (36.58%), Vitamin C: 28.55mg

(34.61%), Vitamin A: 1609.02IU (32.18%), Vitamin K: 31.62µg (30.12%), Potassium: 500.86mg (14.31%), Vitamin B6: 0.24mg (11.99%), Fiber: 2.92g (11.66%), Copper: 0.22mg (10.78%), Selenium: 7.1µg (10.15%), Phosphorus: 99.79mg (9.98%), Vitamin B3: 1.85mg (9.27%), Folate: 33.25µg (8.31%), Magnesium: 32.76mg (8.19%), Vitamin E: 1.19mg (7.97%), Vitamin B1: 0.1mg (6.97%), Vitamin B5: 0.64mg (6.45%), Zinc: 0.84mg (5.61%), Iron: 0.96mg (5.32%), Vitamin B2: 0.06mg (3.55%), Calcium: 34.88mg (3.49%)