



Stuffed Lemons in the Oven

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



23 kcal

SIDE DISH

Ingredients

- 2 optional: lemon
- 4 basil fresh
- 4 basil fresh
- 2 fillet anchovy
- 2 fillet anchovy
- 2 cherry tomatoes ripe halved
- 4 servings salt and pepper

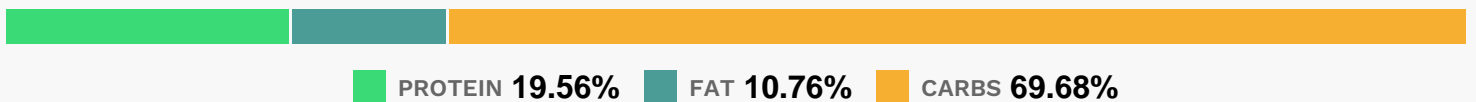
Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Preheat your oven to 400 F / 215 C
- Remove the ends of the lemons & discard them (dont cut in to deep – you want to keep a closed bottom). Then cut the lemons in half crossways, giving you little lemon bowls.
- Using a small knife, remove the lemon flesh, leaving you with 4 hollow lemon rind bowls. (Again you dont want to break-into the rind)
- Cut a piece of mozzarella to fit inside, then lay a basil leaf, half an anchovy fillet and half a cherry tomato on top with a pinch of salt & pepper and a little drizzle of good olive oil. Put another slice of mozzarella on top – the lemon should now be filled up. Do the same to the rest of the lemon bowls.
- Place on a baking sheet & cook in a preheated oven for 10 – 15 minutes, until golden & bubbling.
- Remove from the oven and serve immediately. To eat: scoop the mozzarella out and eat with the bread to soak up any juices!

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:3.5739130434783%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Taste

Sweetness: 7.64%, Saltiness: 6.71%, Sourness: 100%, Bitterness: 69.5%, Savoriness: 7.48%, Fattiness: 6.9%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 22.61kcal (1.13%), Fat: 0.37g (0.57%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 3.81g (1.39%), Sugar: 1.56g (1.74%), Cholesterol: 2.4mg (0.8%), Sodium: 200mg (8.7%), Protein: 1.51g (3.03%), Vitamin C: 30.7mg (37.21%), Fiber: 1.58g (6.34%), Vitamin K: 3.56µg (3.39%), Vitamin B3: 0.67mg (3.34%), Potassium: 110.77mg (3.16%), Iron: 0.54mg (2.99%), Vitamin B6: 0.06mg (2.84%), Selenium: 1.72µg (2.46%), Calcium: 22.39mg (2.24%), Folate: 7.95µg (1.99%), Vitamin A: 97.65IU (1.95%), Copper: 0.04mg (1.9%), Manganese: 0.04mg (1.88%), Phosphorus: 18.43mg (1.84%), Vitamin B1: 0.03mg (1.81%), Magnesium: 7.24mg (1.81%), Vitamin B5: 0.14mg (1.41%), Vitamin B2: 0.02mg (1.38%), Vitamin E: 0.16mg (1.05%)