



Stuffed summer tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 250 g mushrooms with mushrooms (uncle ben's or rizazz)
- ☐ 3 tbsp basil pesto
- ☐ 4 large tomatoes
- ☐ 2 zucchini
- ☐ 1 tbsp olive oil

Equipment

- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Mix the rice with 2 tbsp of the pesto.
- ☐ Cut the tops off the tomatoes and scoop out the insides. Fill the empty shells with the rice mixture, pressing it down lightly, then replace the lids.
- ☐ Cut the courgettes into rounds and toss with the remaining pesto and the oil.
- ☐ Spread over a roasting tin and nestle the tomatoes among them.
- ☐ Bake for 20-25 mins until the tomatoes and courgettes are tender.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:5.25, Inflammation Score:-10, Nutrition Score:30.469130471997%

Flavonoids

Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 275.3kcal (13.76%), Fat: 17.11g (26.32%), Saturated Fat: 2.74g (17.09%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 18.19g (6.62%), Sugar: 17.67g (19.63%), Cholesterol: 1.8mg (0.6%), Sodium: 250.65mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.52g (21.03%), Vitamin C: 87.58mg (106.15%), Vitamin A: 3877.72IU (77.55%), Potassium: 1771.81mg (50.62%), Vitamin B2: 0.76mg (44.46%), Manganese: 0.82mg (41.03%), Vitamin K: 41.4µg (39.43%), Vitamin B3: 7.56mg (37.79%), Vitamin B6: 0.74mg (37.03%), Copper: 0.72mg (35.81%), Fiber: 7.94g (31.75%), Folate: 122.89µg (30.72%), Phosphorus: 269.34mg (26.93%), Vitamin B5: 2.6mg (25.95%), Magnesium: 86.57mg (21.64%), Vitamin B1: 0.32mg (21.61%), Vitamin E: 3.22mg (21.48%), Selenium: 12.02µg (17.17%), Iron: 2.5mg (13.9%), Zinc: 1.9mg (12.64%), Calcium: 107.81mg (10.78%), Vitamin D: 0.25µg (1.67%)