

Stuffed Tomatoes

 Popular

READY IN



25 min.

SERVINGS



2

CALORIES



502 kcal

SIDE DISH

Ingredients

- 10 ounce canned tomatoes diced with green chile peppers, partially drained canned
- 0.5 cup bread crumbs dry
- 0.7 cup cheddar cheese shredded
- 0.3 pound sausage smoked cut into 1 inch pieces
- 2 large tomatoes ripe

Equipment

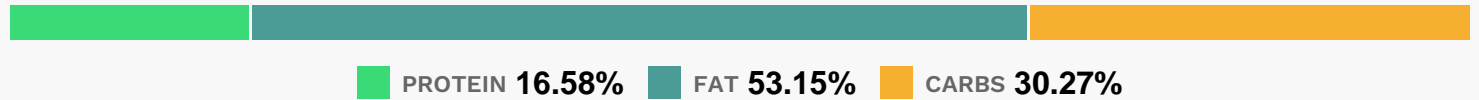
- bowl
- oven

- knife
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Cut the tops off of the tomatoes and use a knife to cut around the inside, separating the flesh from the skin. Scoop out the flesh.
- Place the tomatoes in a small baking dish. In a small bowl combine the canned tomatoes with the bread crumbs, 1/3 cup of cheese and the sausage; mix well. Spoon the mixture into the tomato skins and top with the remaining 1/3 cup of cheese.
- Bake in preheated oven for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:21.503043589385%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 502.03kcal (25.1%), Fat: 29.66g (45.63%), Saturated Fat: 12.83g (80.18%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 29.93g (10.89%), Sugar: 11.31g (12.56%), Cholesterol: 77.92mg (25.97%), Sodium: 1405.91mg (61.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.65%), Vitamin C: 41.94mg (50.84%), Vitamin A: 1893.48IU (37.87%), Selenium: 24.89µg (35.56%), Calcium: 337.88mg (33.79%), Vitamin B1: 0.49mg (32.45%), Fiber: 8.08g (32.31%), Phosphorus: 321.41mg (32.14%), Manganese: 0.48mg (24.02%), Vitamin B2: 0.41mg (23.88%), Vitamin B3: 4.72mg (23.61%), Vitamin B12: 1.35µg (22.5%), Zinc: 3.28mg (21.86%), Potassium: 620.42mg (17.73%), Folate: 66.37µg (16.59%), Vitamin K: 17.06µg (16.25%), Vitamin B6: 0.3mg (15.03%), Iron: 2.42mg (13.46%), Magnesium: 48.6mg (12.15%), Copper: 0.22mg (11.13%), Vitamin E: 1.29mg (8.58%), Vitamin B5: 0.72mg (7.16%), Vitamin D: 0.85µg (5.66%)