



Stuffed Tomatoes



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 lemon zest
- ☐ 8 mint leaves stemmed finely chopped
- ☐ 2.5 cups orange juice
- ☐ 0.5 orange zest
- ☐ 1 pears diced firm ripe peeled
- ☐ 3 tablespoons slivered almonds

- ☐ 6 tomatoes red
- ☐ 1 vanilla pod
- ☐ 6 scoops whipped cream generous
- ☐ 0.3 cup water
- ☐ 1 piece star anise whole

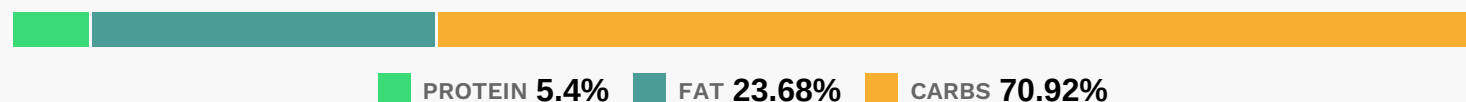
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a medium skillet, heat sugar with water.
- ☐ Heat until it melts and becomes a caramel.
- ☐ In a medium bowl, mix together the pears and the almonds. Split the vanilla bean lengthwise and scrape the insides into the bowl with the pears, reserving the pod.
- ☐ Add the orange juice and the vanilla pod to the caramel and bring the mixture to a boil.
- ☐ Add the star anise and reduce for 8 to 10 minutes.
- ☐ Add the reserved tomato pulp, lemon and orange zests, cinnamon and mint to the bowl with the pears and add 1/4 of the caramel mixture. Stir to blend.
- ☐ "Stuff" the insides of the tomatoes with the mixture and top with the "hats". Preheat the oven to 350 degrees F.
- ☐ Place the tomatoes into a baking dish and pour the caramel into the base of the dish.
- ☐ Place the pan in the oven and cook, basting from time to time, 8 to 10 minutes.
- ☐ Serve the tomatoes, with the remaining caramel, and vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:40.6, Inflammation Score:-8, Nutrition Score:14.783043472663%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 12.48mg, Hesperetin: 12.48mg, Hesperetin: 12.48mg, Hesperetin: 12.48mg Naringenin: 3.07mg, Naringenin: 3.07mg, Naringenin: 3.07mg, Naringenin: 3.07mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 384.76kcal (19.24%), Fat: 10.53g (16.2%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 70.93g (23.64%), Net Carbohydrates: 66.81g (24.29%), Sugar: 62.33g (69.25%), Cholesterol: 29.04mg (9.68%), Sodium: 61.7mg (2.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Vitamin C: 73.3mg (88.85%), Vitamin A: 1578.93IU (31.58%), Potassium: 715.67mg (20.45%), Vitamin B2: 0.29mg (17.04%), Manganese: 0.34mg (16.92%), Fiber: 4.12g (16.48%), Vitamin E: 2.23mg (14.85%), Folate: 59µg (14.75%), Phosphorus: 146.14mg (14.61%), Calcium: 133.83mg (13.38%), Magnesium: 51.63mg (12.91%), Vitamin B1: 0.18mg (12.19%), Copper: 0.22mg (11.06%), Vitamin K: 11.38µg (10.83%), Vitamin B6: 0.19mg (9.67%), Vitamin B3: 1.49mg (7.46%), Vitamin B5: 0.74mg (7.42%), Zinc: 0.94mg (6.25%), Iron: 1.01mg (5.63%), Vitamin B12: 0.26µg (4.29%), Selenium: 1.76µg (2.51%)