



Stuffed tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1 slice bread
- ☐ 1 tsp thyme leaves chopped
- ☐ 1 tbsp parsley snipped chopped
- ☐ 1 tbsp olive oil
- ☐ 1 clove garlic crushed
- ☐ 4 large tomatoes
- ☐ 4 tsp coarse mustard

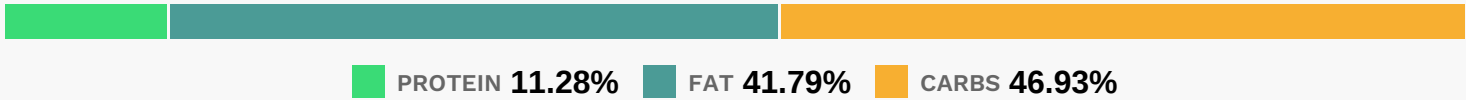
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ A big platter of these tomatoes goes well with grilled meat or fish, or serve them as a starter with cured meats and crusty bread.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Toast the bread, then remove the crusts and break it up into the food processor to make crumbs.
- ☐ Add the thyme, chives or parsley, oil and garlic, then pulse briefly to mix.
- ☐ Halve the tomatoes and put in one layer in a shallow ovenproof dish.
- ☐ Spread each cut side with a little mustard, then sprinkle a little of the crumb mix on the top.
- ☐ Bake for 15–20 mins until the topping is crunchy and lightly browned.

Nutrition Facts



Properties

Glycemic Index:58.92, Glycemic Load:3.75, Inflammation Score:−8, Nutrition Score:9.5678261155668%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 87.59kcal (4.38%), Fat: 4.36g (6.71%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 8.27g (3.01%), Sugar: 5.27g (5.86%), Cholesterol: 0mg (0%), Sodium: 97.96mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 26.79mg (32.47%), Vitamin A: 1609.35IU (32.19%), Vitamin K: 32.5µg (30.95%), Manganese: 0.33mg (16.46%), Potassium: 458.23mg (13.09%), Fiber: 2.75g (11.02%), Vitamin E: 1.53mg (10.17%), Folate: 35.16µg (8.79%), Vitamin B6: 0.17mg (8.38%), Vitamin B3: 1.52mg (7.61%), Vitamin B1: 0.11mg (7.2%), Magnesium: 26.27mg (6.57%), Copper: 0.13mg (6.31%), Phosphorus: 60.02mg (6%), Selenium: 3.82µg (5.46%), Iron: 0.95mg (5.27%), Vitamin B2: 0.06mg (3.42%), Calcium: 33.61mg (3.36%), Zinc: 0.44mg

(2.91%), Vitamin B5: 0.24mg (2.43%)