



Stuffed tomatoes

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 6 tomatoes
- ☐ 2 balls mozzarella cheese
- ☐ 12 basil
- ☐ 4 pieces pasilla peppers red cooked
- ☐ 2 tbsp pesto rosso red
- ☐ 6 slices top with olive oil toasted

Equipment

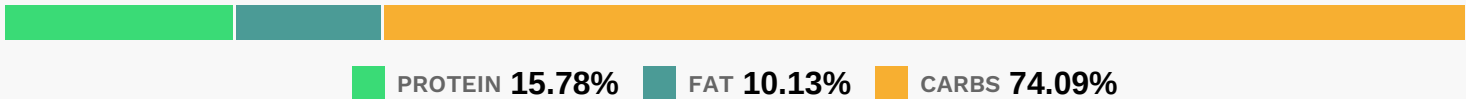
- ☐ bowl

- ☐ oven
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Ask a grown-up to turn the oven to 200C/180C fan/ gas
- ☐ Cut the tops off tomatoes (keep tops) and scoop the insides into a sieve set over a bowl.
- ☐ Cut the mozzarella into chunks and snip or tear up the basil leaves.
- ☐ Sit the tomatoes in a baking dish.
- ☐ Add a few chunks of mozzarella into each tomato.
- ☐ Put a few torn basil leaves into each one.
- ☐ Tear or snip the red pepper into pieces, then add a piece to each tomato.
- ☐ Add more mozzarella, basil and pepper in layers until each tomato is full.
- ☐ Put a blob of pesto in each tomato, then put the tops back on.
- ☐ Pour over the juices from the tomato insides. Ask a grown-up to put them in the oven for 20 mins.

Nutrition Facts



Properties

Glycemic Index:37.58, Glycemic Load:26.87, Inflammation Score:-8, Nutrition Score:12.883913014651%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 205.59kcal (10.28%), Fat: 2.36g (3.62%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 35.72g (12.99%), Sugar: 6.61g (7.35%), Cholesterol: 0.66mg (0.22%), Sodium: 439.52mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Vitamin B1: 0.5mg (33.38%), Selenium:

18.36µg (26.23%), Folate: 97.8µg (24.45%), Manganese: 0.49mg (24.28%), Vitamin A: 1103.76IU (22.08%), Vitamin C: 17.72mg (21.48%), Vitamin B3: 3.83mg (19.13%), Vitamin B2: 0.3mg (17.55%), Iron: 2.92mg (16.23%), Vitamin K: 13.54µg (12.9%), Fiber: 3.07g (12.27%), Potassium: 370.17mg (10.58%), Phosphorus: 98.48mg (9.85%), Copper: 0.17mg (8.67%), Magnesium: 34.66mg (8.66%), Vitamin B6: 0.17mg (8.49%), Zinc: 0.89mg (5.95%), Vitamin E: 0.81mg (5.39%), Calcium: 53.59mg (5.36%), Vitamin B5: 0.33mg (3.26%)