



Stuffed tomatoes with lamb mince, dill & rice



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

Ingredients

- ☐ 4 beef tomatoes
- ☐ 1 pinch sugar
- ☐ 4 tbsp greek extra virgin olive oil
- ☐ 1 onion spanish finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 200 g lamb loins minced
- ☐ 1 tsp ground cinnamon
- ☐ 2 tbsp tomato purée

- ☐ 50 g rice long grain
- ☐ 100 ml chicken stock see
- ☐ 4 tbsp optional: dill chopped
- ☐ 2 tbsp flat-leaf parsley chopped
- ☐ 1 tbsp mint leaves chopped

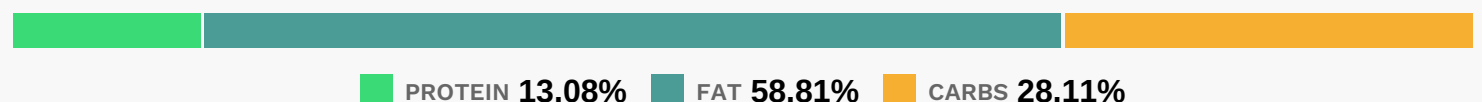
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Slice the tops off the tomatoes and reserve. Scoop out most of the pulp with a teaspoon, being careful not to break the skin. Finely chop the pulp, and keep any juices.
- ☐ Sprinkle the insides of the tomatoes with a little sugar to take away the acidity, then place them on a baking tray.
- ☐ Heat 2 tbsp olive oil in a large frying pan, add the onion and garlic, then gently cook for about 10 mins until soft but not coloured.
- ☐ Add the lamb, cinnamon and tomato pure, turn up the heat, then fry until the meat is browned.
- ☐ Add the tomato pulp and juice, the rice and the stock. Season generously. Bring to the boil, then simmer for 15 mins or until the rice is tender and the liquid has been absorbed. Set aside to cool a little, then stir in the herbs.
- ☐ Stuff the tomatoes up to the brim, top tomatoes with their lids, drizzle with 2 tbsp more olive oil, sprinkle 3 tbsp water into the tray, then bake for 35 mins.
- ☐ Serve with salad and crusty bread, hot or cold.

Nutrition Facts



Properties

Glycemic Index:69.57, Glycemic Load:10.4, Inflammation Score:-9, Nutrition Score:23.393913086342%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 400.69kcal (20.03%), Fat: 26.86g (41.32%), Saturated Fat: 7.25g (45.3%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 23.54g (8.56%), Sugar: 11.2g (12.45%), Cholesterol: 37.26mg (12.42%), Sodium: 88.77mg (3.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.89%), Vitamin K: 68.92µg (65.64%), Vitamin C: 53mg (64.24%), Vitamin A: 3084.28IU (61.69%), Manganese: 0.73mg (36.68%), Potassium: 1057.79mg (30.22%), Vitamin B3: 5.81mg (29.03%), Vitamin E: 4.17mg (27.78%), Vitamin B6: 0.44mg (21.93%), Fiber: 5.34g (21.37%), Phosphorus: 196.87mg (19.69%), Vitamin B12: 1.15µg (19.25%), Folate: 72.4µg (18.1%), Selenium: 12.28µg (17.54%), Zinc: 2.59mg (17.25%), Copper: 0.34mg (16.87%), Magnesium: 58.88mg (14.72%), Vitamin B1: 0.22mg (14.56%), Iron: 2.37mg (13.16%), Vitamin B2: 0.22mg (12.78%), Vitamin B5: 0.85mg (8.45%), Calcium: 67.82mg (6.78%)