

Summertime Baked Tomatoes

READY IN



40 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- 2 teaspoons basil dried
- 0.3 teaspoon pepper black
- 0.3 cup mozzarella cheese shredded
- 0.5 cup bread stuffing mix dry
- 1 summer squash diced finely
- 3 tomatoes

Equipment

- bowl

paper towels

oven

Directions

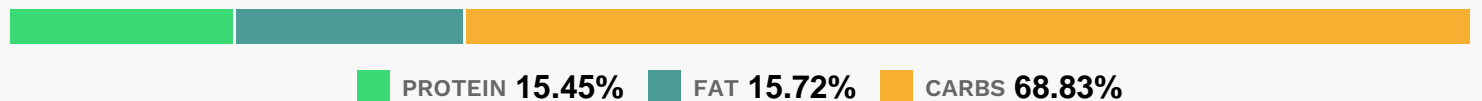
Preheat oven to 350 degrees F (175 degrees C).

Slice the tomatoes in half horizontally, sprinkle each cut side with salt, and place cut sides down on paper towels for about 5 minutes. Hollow out the tomato halves, leaving sides 1/4 inch thick; remove seeds from pulp, and chop the pulp.

Place the chopped tomato pulp, squash, herb stuffing mix, basil, black pepper, and mozzarella cheese in a bowl, and mix until thoroughly combined. Stuff the mixture into the hollowed-out tomato halves.

Bake in the preheated oven until the squash is tender and the cheese has melted, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:7.7400000506769%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 107.39kcal (5.37%), Fat: 1.91g (2.94%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 16.95g (6.16%), Sugar: 4.02g (4.47%), Cholesterol: 3.88mg (1.29%), Sodium: 310.26mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin C: 13.98mg (16.95%), Selenium: 10.34µg (14.77%), Manganese: 0.29mg (14.45%), Folate: 53.19µg (13.3%), Vitamin A: 612.51IU (12.25%), Vitamin K: 12.01µg (11.44%), Vitamin B1: 0.16mg (10.51%), Vitamin B2: 0.16mg (9.12%), Vitamin B3: 1.68mg (8.42%), Potassium: 293.26mg (8.38%), Vitamin B6: 0.16mg (7.84%), Iron: 1.36mg (7.55%), Fiber: 1.88g (7.5%), Phosphorus: 72.54mg (7.25%), Calcium: 61.58mg (6.16%), Magnesium: 23.65mg (5.91%), Copper: 0.11mg (5.42%), Zinc: 0.54mg (3.62%), Vitamin E: 0.49mg (3.28%), Vitamin B5: 0.19mg (1.94%), Vitamin B12: 0.11µg (1.84%)