Tango Tomatoes

READY IN	SERVINGS	CALORIES
35 min.	6	345 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 ribs celery finely chopped
- [ ] 8 ounces chorizo italian uncooked (or spicy sausage)
- [ ] 3 tablespoons cilantro leaves chopped
- [ ] 6 servings coarse salt and pepper black freshly ground
- [ ] 2 cloves garlic finely chopped
- [ ] 2 tablespoons olive oil
- [ ] 0.3 cup parmesan grated
- [ ] 1 cup pepper jack cheese grated
- [ ] 1 poblano pepper green finely chopped (or bell)

- [ ] 0.5 cup seasoned bread crumbs dry
- [ ] 6 large tomatoes firm
- [ ] 1 medium onion white finely chopped

Equipment

- [ ] frying pan
- [ ] oven
- [ ] baking pan

Directions

- [ ] Preheat oven to 350 degrees F.
- [ ] Cut off top third of each tomato. Scoop out seeds, juice and pulp from and discard. Set aside. Chop tomato top and set aside.
- [ ] In medium nonstick skillet, saute chorizo or sausage in olive oil, breaking it up with a spoon as it cooks. When browned all over, add onion to skillet and cook until soft, stirring frequently.
- [ ] Add garlic, celery, and poblano pepper and cook for another 2 minutes, stirring to combine well.
- [ ] Add reserved chopped tomato tops, salt, and pepper and stir for another minute.
- [ ] Remove skillet from heat.
- [ ] Mix in 2 tablespoons cilantro, bread crumbs, and pepper jack cheese. Using a large spoon, stuff mixture into tomatoes, packing down firmly. Top with Parmesan and place tomatoes in oiled baking dish.
- [ ] Bake until heated through and cheese turns golden, approximately 20 minutes.
- [ ] Sprinkle with remaining 1 tablespoon of cilantro and serve.

Nutrition Facts

PROTEIN **17.18%** FAT **62.41%** CARBS **20.41%**

Properties

Glycemic Index:47.17, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:17.665652259536%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 344.63kcal (17.23%), Fat: 24.29g (37.37%), Saturated Fat: 9.4g (58.76%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 14.28g (5.19%), Sugar: 6.93g (7.7%), Cholesterol: 48.42mg (16.14%), Sodium: 611.13mg (26.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.09%), Vitamin C: 44.04mg (53.38%), Vitamin A: 1860.48IU (37.21%), Vitamin K: 28.58µg (27.22%), Vitamin B1: 0.41mg (27.16%), Calcium: 247mg (24.7%), Phosphorus: 241.86mg (24.19%), Selenium: 15.81µg (22.58%), Manganese: 0.42mg (21.13%), Vitamin B6: 0.38mg (19.2%), Potassium: 671.73mg (19.19%), Vitamin B3: 3.12mg (15.62%), Vitamin B2: 0.25mg (14.5%), Fiber: 3.59g (14.35%), Folate: 56.34µg (14.09%), Zinc: 1.9mg (12.64%), Vitamin E: 1.86mg (12.39%), Magnesium: 42.59mg (10.65%), Copper: 0.2mg (9.95%), Iron: 1.79mg (9.93%), Vitamin B12: 0.59µg (9.75%), Vitamin B5: 0.56mg (5.59%)