

Tomates Farcies

READY IN



70 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings beefsteak tomatoes ripe
- 4 servings breadcrumbs
- 4 servings thyme sprigs fresh
- 4 servings ground beef
- 4 servings gruyere cheese
- 4 servings olive oil
- 4 servings onion
- 4 servings parsley
- 4 servings bell pepper

4 servings sea salt

Equipment

oven

Directions

Preheat the oven to 400 F.

Cut the tops off of each tomato and reserve the top. It will become a little hat, or as the French say, le chapeau. Using a spoon, remove the seeds and scoop out the innards being careful not to pierce through the tomato flesh.

Sprinkle tomatoes with sea salt and turn them upside down so that the excess water drains out.

Mix together all the other ingredients except the olive oil by hand until combined.

Place the stuffing in each tomato, sprinkle with Gruyère, cover with the cut tomato slice and drizzle a little extra olive oil on top.

Sprinkle with salt and pepper.

Bake uncovered for 40 minutes, then allow to sit for 10 minutes before serving. [More French recipes](#) [On Food Republic](#): [The Ultimate Onion Tart](#)

[Canard À L'orangina Recipe](#)

[French Yogurt Cake](#)

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:27.649130759032%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.61mg, Myricetin: 0.61mg

Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 547.06kcal (27.35%), Fat: 41.55g (63.92%), Saturated Fat: 14.32g (89.51%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 14.24g (5.18%), Sugar: 6.25g (6.94%), Cholesterol: 93.35mg (31.12%), Sodium: 545.98mg (23.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.79%), Vitamin C: 106.49mg (129.08%), Vitamin K: 80.98µg (77.12%), Vitamin A: 3010.9IU (60.22%), Vitamin B12: 2.33µg (38.9%), Phosphorus: 371.24mg (37.12%), Calcium: 364.39mg (36.44%), Zinc: 5.21mg (34.74%), Vitamin B6: 0.6mg (30.08%), Selenium: 19.97µg (28.53%), Vitamin B3: 5.16mg (25.79%), Vitamin E: 3.68mg (24.53%), Vitamin B2: 0.34mg (19.81%), Folate: 71.05µg (17.76%), Iron: 3.12mg (17.36%), Potassium: 541.7mg (15.48%), Vitamin B1: 0.22mg (14.74%), Manganese: 0.29mg (14.26%), Fiber: 3.23g (12.93%), Magnesium: 47.71mg (11.93%), Vitamin B5: 0.98mg (9.75%), Copper: 0.13mg (6.67%), Vitamin D: 0.26µg (1.77%)