



HEALTH SCORE

58%

Tomatoes Stuffed with Bulgur and Pine Nuts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black



0.5 cup bulgur (preferably coarse)



6 servings sriracha



0.5 cup currants dried



2 tablespoons optional: dill fresh chopped



0.3 cup parsley fresh chopped



2 tablespoons juice of lemon fresh



2 tablespoons lentils french (preferably green lentils)

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 large onion finely chopped
- ☐ 0.5 cup pinenuts
- ☐ 1.3 teaspoons salt
- ☐ 4 cups swiss chard thinly sliced
- ☐ 3 lb tomatoes
- ☐ 1.5 cups water

Equipment

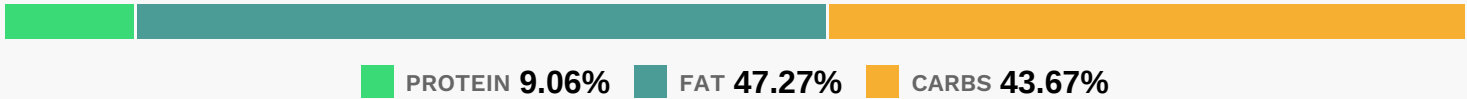
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Cut off and discard top third of tomatoes and scoop out insides (leave shells intact for stuffing), transferring to a sieve set over a bowl to drain excess liquid. Coarsely chop tomato from sieve and reserve for making braised eggplant.
- ☐ Sprinkle insides of tomato shells with 1/2 teaspoon salt and drain upside down on a rack set in a pan while preparing filling.
- ☐ Simmer lentils in 1/2 cup water in a small saucepan until just tender, 18 to 20 minutes.
- ☐ Drain in a sieve, then rinse under cold water and drain well.
- ☐ Heat oil in a 5-quart heavy pot over moderate heat until hot, then cook pine nuts, stirring, until golden, about 2 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Cook onion in oil remaining in pot over moderate heat, stirring occasionally, until softened but not browned, 6 to 8 minutes.

- ☐
- Add bulgur, chard, remaining 3/4 teaspoon salt, and pepper and cook, stirring, until greens are wilted, about 2 minutes.
- ☐
- Add remaining cup water, then remove from heat and let stand, covered, until bulgur is tender, about 30 minutes.
- ☐
- Stir in pine nuts, currants, parsley, dill, lemon juice, lentils, and salt and pepper to taste. Spoon filling into tomato shells.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:8.38, Inflammation Score:-10, Nutrition Score:25.104348063469%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 312.1kcal (15.61%), Fat: 17.5g (26.92%), Saturated Fat: 1.92g (12%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 27.87g (10.14%), Sugar: 16.34g (18.16%), Cholesterol: 0mg (0%), Sodium: 806.41mg (35.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.1%), Vitamin K: 284.12µg (270.59%), Manganese: 1.8mg (90.01%), Vitamin A: 3662.47IU (73.25%), Vitamin C: 47.5mg (57.58%), Fiber: 8.5g (34%), Vitamin E: 4.08mg (27.22%), Potassium: 899.1mg (25.69%), Magnesium: 101.36mg (25.34%), Copper: 0.43mg (21.34%), Phosphorus: 186.84mg (18.68%), Vitamin B6: 0.33mg (16.35%), Iron: 2.88mg (16.02%), Folate: 56.59µg (14.15%), Vitamin B3: 2.81mg (14.04%), Vitamin B1: 0.2mg (13.1%), Zinc: 1.56mg (10.38%), Vitamin B2: 0.13mg (7.76%), Calcium: 67.9mg (6.79%), Vitamin B5: 0.46mg (4.58%), Selenium: 0.79µg (1.12%)