



Tomatoes Stuffed with Lamb and Rice (Yemistes Domates me Rizi)

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 6 beefsteak tomatoes ripe
- ☐ 0.5 cup kasseri cheese grated
- ☐ 1 tablespoon dill leaves fresh finely chopped
- ☐ 2 tablespoons parsley leaves fresh finely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 pound lamb
- ☐ 0.1 teaspoon ground pepper fresh black finely

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 cups medium-diced onion
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 cup water for pan
- ☐ 6 tablespoons rice long-grain white uncooked

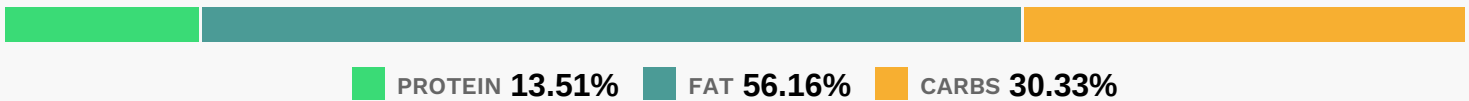
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Cut the top off of the tomatoes and clean out all of the pulp, leaving a 1/2-inch thick skin. Reserve the pulp. In a medium saute pan, heat 1/4 cup of the olive oil over medium heat.
- ☐ Add the onion and saute until the onions are golden brown, about 5 minutes.
- ☐ Add the garlic, reserved tomato pulp, and rice, and simmer for 5 minutes.
- ☐ Add the lamb, pine nuts, parsley, dill, salt, and pepper. Stir to combine and continue cooking until lamb is browned.
- ☐ Fill the tomatoes with the lamb mixture, sprinkle the tops with cheese, and drizzle with the remaining 4 teaspoons of olive oil.
- ☐ Place in a 9-by 13-inch baking dish.
- ☐ Pour water in the bottom of the dish and bake for 1 hour.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:43.7, Glycemic Load:11.82, Inflammation Score:-10, Nutrition Score:24.199565052986%

Flavonoids

Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 12.85mg, Quercetin: 12.85mg, Quercetin: 12.85mg, Quercetin: 12.85mg

Nutrients (% of daily need)

Calories: 400.29kcal (20.01%), Fat: 25.74g (39.61%), Saturated Fat: 7.32g (45.78%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 25.82g (9.39%), Sugar: 11.47g (12.75%), Cholesterol: 37.01mg (12.34%), Sodium: 203.8mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.87%), Vitamin C: 52.56mg (63.71%), Vitamin A: 3046.99IU (60.94%), Manganese: 1.14mg (56.87%), Vitamin K: 59.07µg (56.26%), Potassium: 1035.97mg (29.6%), Vitamin E: 3.84mg (25.61%), Phosphorus: 250.54mg (25.05%), Vitamin B3: 4.85mg (24.23%), Fiber: 5.45g (21.81%), Vitamin B6: 0.43mg (21.44%), Zinc: 2.85mg (19.02%), Copper: 0.38mg (19%), Folate: 75.16µg (18.79%), Magnesium: 72.33mg (18.08%), Selenium: 12.38µg (17.69%), Vitamin B12: 0.97µg (16.22%), Vitamin B1: 0.23mg (15.18%), Vitamin B2: 0.22mg (13.06%), Calcium: 128.33mg (12.83%), Iron: 2.21mg (12.28%), Vitamin B5: 0.83mg (8.29%)