



Tomatoes Stuffed with Rice: Yemistes Domates me Rizi



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 6 beefsteak tomatoes ripe seeded
- ☐ 2 tablespoons butter
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup olive oil
- ☐ 1 large onion chopped
- ☐ 1 bunch parsley leaves chopped

- ☐ 0.3 cup pinenuts toasted
- ☐ 6 tablespoons rice raw
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 cup kasseri grated
- ☐ 1 cup kasseri grated

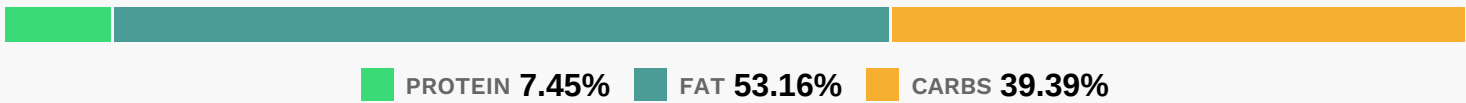
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut the top off of the tomatoes and clean out all of the pulp leaving about a 1/2-inch thick skin. Reserve pulp.
- ☐ Preheat oven to 375 degrees F.
- ☐ In a saute pan, heat the butter and add the chopped onion to the pan. Cook until the onions are golden brown, and add in the garlic.
- ☐ Add in the pulp from the tomatoes and stir in the rice.
- ☐ Add in 1/4 cup olive oil and a little water and simmer for about 5 minutes.
- ☐ Add more water if necessary. Season with salt and pepper. Stir in the parsley, pine nuts, and mint.
- ☐ Fill the tomatoes and sprinkle the top with the grated Kasseri and a drizzle of the remaining olive oil.
- ☐ Place in a baking dish with a 1/2-inch of water in the bottom and bake for 1 hour.

Nutrition Facts



Properties

Glycemic Index:45.03, Glycemic Load:11.26, Inflammation Score:-10, Nutrition Score:23.275217372438%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 20.58mg, Apigenin: 20.58mg, Apigenin: 20.58mg, Apigenin: 20.58mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 281.78kcal (14.09%), Fat: 17.53g (26.97%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 23.83g (8.66%), Sugar: 10.31g (11.46%), Cholesterol: 10.03mg (3.34%), Sodium: 55.04mg (2.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin K: 191.72µg (182.59%), Vitamin A: 3831.47IU (76.63%), Vitamin C: 61.86mg (74.98%), Manganese: 1.13mg (56.71%), Potassium: 960.73mg (27.45%), Vitamin E: 3.86mg (25.73%), Fiber: 5.4g (21.62%), Folate: 75.59µg (18.9%), Vitamin B6: 0.35mg (17.46%), Copper: 0.34mg (17.01%), Magnesium: 64.35mg (16.09%), Phosphorus: 147.12mg (14.71%), Vitamin B3: 2.7mg (13.48%), Iron: 2.15mg (11.96%), Vitamin B1: 0.18mg (11.94%), Zinc: 1.28mg (8.52%), Calcium: 65.01mg (6.5%), Vitamin B2: 0.11mg (6.35%), Vitamin B5: 0.55mg (5.55%), Selenium: 2.53µg (3.61%)