

# Tomatoes with Moroccan-Style Fish Stuffing



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 tablespoons coarse salt
- 2 tablespoons wine dry white
- 1 pound fish fillet white
- 2 tablespoons cilantro leaves fresh minced
- 2 teaspoons juice of lemon fresh to taste
- 6 optional: lemon trimmed scrubbed cut lengthwise into sixths
- 4 tablespoons olive oil to taste
- 1 tablespoon simple preserved lemons quick

- 2 tablespoons simple preserved lemons finely chopped quick
- 2 pound tomatoes

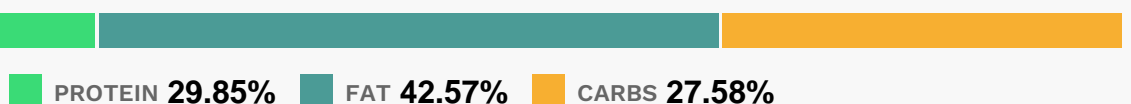
## Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

## Directions

- Cut off the top third of each tomato, scoop out the seeds and pulp with a grapefruit knife, leaving 1/3-inch-thick shells, and reserve the tops and pulp for another use.
- Sprinkle the insides of the tomatoes with salt and invert the tomatoes on a rack to drain for 30 minutes.
- In a non-stick skillet heat 1 tablespoon of the oil over moderately high heat until it is hot but not smoking and in it sauté the scrod for 1 minute on each side.
- Add the wine to the skillet and cook the fish, covered, over moderately low heat for 3 to 6 minutes, or until it just flakes.
- Remove the skillet from the heat and let the fish cool. Flake the fish into a bowl and stir in the preserved lemon peel and brine, the coriander, the lemon juice, and 2 tablespoons of the remaining oil. Divide the mixture among the tomato shells and drizzle it with the remaining 1 tablespoon oil.
- In a baking dish just large enough to hold the lemons in one layer toss the lemons with the salt, pour enough of the lemon juice over them to just cover them, and bake the lemons, covered, in a preheated 200°F oven, stirring occasionally, for 3 hours.
- Let the lemons cool and transfer them with their brine to an airtight container. The preserved lemons keep, covered and chilled, indefinitely.

## Nutrition Facts



## Properties

Glycemic Index:27.63, Glycemic Load:5.04, Inflammation Score:-9, Nutrition Score:25.691304186116%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 34.73mg, Eriodictyol: 34.73mg, Eriodictyol: 34.73mg, Eriodictyol: 34.73mg Hesperetin: 45.59mg, Hesperetin: 45.59mg, Hesperetin: 45.59mg, Hesperetin: 45.59mg Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.09mg, Luteolin: 3.09mg, Luteolin: 3.09mg, Luteolin: 3.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

## Nutrients (% of daily need)

Calories: 330.39kcal (16.52%), Fat: 16.91g (26.01%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 17.02g (6.19%), Sugar: 10.51g (11.67%), Cholesterol: 56.7mg (18.9%), Sodium: 10538.98mg (458.22%), Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 26.68g (53.35%), Vitamin C: 117.95mg (142.97%), Selenium: 48.09µg (68.7%), Vitamin A: 1938.5IU (38.77%), Potassium: 1114.77mg (31.85%), Fiber: 7.79g (31.17%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 5.95mg (29.74%), Phosphorus: 274.77mg (27.48%), Vitamin K: 28.58µg (27.22%), Vitamin E: 3.95mg (26.31%), Vitamin B6: 0.5mg (25%), Vitamin D: 3.52µg (23.44%), Folate: 79.75µg (19.94%), Manganese: 0.39mg (19.3%), Magnesium: 69.75mg (17.44%), Copper: 0.29mg (14.4%), Iron: 2.41mg (13.4%), Vitamin B1: 0.2mg (13.09%), Vitamin B5: 1.07mg (10.7%), Vitamin B2: 0.15mg (8.75%), Calcium: 83.72mg (8.37%), Zinc: 0.9mg (5.97%)