



Unstuffed Tomatoes

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bread crumbled stale
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon sage dried
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 cup butter
- ☐ 1 small onion chopped
- ☐ 1 teaspoon salt

☐ 4 cups tomatoes chopped

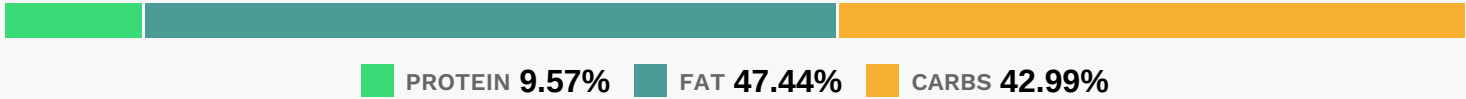
Equipment

☐ frying pan

Directions

- ☐ Melt margarine in a large skillet over medium heat; saute bread, onion, and garlic in hot margarine until browned, 7 to 10 minutes.
- ☐ Add tomatoes; season with salt, sage, basil, and pepper. Continue cooking until the tomatoes are hot, another 7 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:46.42, Glycemic Load:12.68, Inflammation Score:-8, Nutrition Score:12.601304374959%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 252.35kcal (12.62%), Fat: 13.65g (21%), Saturated Fat: 2.71g (16.97%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 24.01g (8.73%), Sugar: 7.08g (7.86%), Cholesterol: 0mg (0%), Sodium: 922.16mg (40.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Manganese: 0.72mg (36.07%), Vitamin A: 1751.09IU (35.02%), Vitamin C: 22.06mg (26.74%), Selenium: 12.3µg (17.57%), Vitamin B3: 3.27mg (16.33%), Vitamin B1: 0.24mg (15.93%), Folate: 61.76µg (15.44%), Fiber: 3.82g (15.29%), Vitamin K: 15.19µg (14.47%), Potassium: 449.53mg (12.84%), Iron: 2.03mg (11.29%), Phosphorus: 99.7mg (9.97%), Vitamin B6: 0.2mg (9.93%), Magnesium: 36.57mg (9.14%), Vitamin E: 1.34mg (8.91%), Vitamin B2: 0.15mg (8.58%), Copper: 0.16mg (8.09%), Calcium: 79.18mg (7.92%), Vitamin B5: 0.52mg (5.16%), Zinc: 0.74mg (4.9%)