



Zucchini and Couscous-Stuffed Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup basil fresh chopped
- 5.8 ounce roasted garlic-and-olive oil couscous (such as Near East)
- 0.5 cup onion chopped ()
- 4 teaspoons parmesan cheese fresh grated
- 0.5 teaspoon salt divided
- 1.3 pounds tomatoes
- 1 cup zucchini diced (1 medium)

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 45
- Prepare couscous mix according to package directions, omitting fat.
- While couscous stands, heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add zucchini and onion, and saut 4 minutes or until tender.
- Remove from heat, and stir in basil, 1/4 teaspoon salt, and pepper. Fluff couscous with a fork. Stir 3/4 cup couscous into zucchini mixture; reserve remaining couscous for another use.
- Cut tomatoes in half crosswise; remove and discard pulp and seeds from tomato halves.
- Place tomato halves in an 8-inch square baking dish, and sprinkle evenly with remaining 1/4 teaspoon salt. Spoon zucchini mixture evenly into tomato halves.
- Sprinkle each stuffed tomato half with 1 teaspoon cheese.
- Bake at 450 for 15 minutes or until tomatoes are soft and filling is thoroughly heated.

Nutrition Facts



PROTEIN 2.16% **FAT 89.73%** **CARBS 8.11%**

Properties

Glycemic Index:52.25, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:10.718695642427%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 406.75kcal (20.34%), Fat: 41.78g (64.28%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 6.09g (2.22%), Sugar: 5.36g (5.96%), Cholesterol: 0.68mg (0.23%), Sodium: 317.98mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin E: 6.74mg (44.94%), Vitamin K: 43.8µg (41.72%), Vitamin C: 26.72mg (32.39%), Vitamin A: 1330.78IU (26.62%), Manganese: 0.28mg (13.82%), Potassium: 453.53mg (12.96%), Fiber: 2.41g (9.63%), Vitamin B6: 0.19mg (9.58%), Folate: 33.61µg (8.4%), Magnesium: 24.79mg (6.2%), Phosphorus: 59.58mg (5.96%), Copper: 0.12mg (5.79%), Vitamin B1: 0.08mg (5.11%), Vitamin B3: 1.02mg (5.11%), Iron: 0.84mg (4.67%), Calcium: 39.37mg (3.94%), Vitamin B2: 0.07mg (3.89%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.22mg (2.23%)