

# Baked Stuffed Tomatoes

Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast

6 large firm tomatoes  
2 cups cooked rice  
2 tablespoons green or yellow pepper,  
chopped  
1 tablespoon sweet onion, chopped  
2 tablespoons celery, chopped  
1/2 teaspoon salt  
1/4 teaspoon paprika  
4 tablespoons butter, melted

Preheat the oven to 350 degrees.

Wash the tomatoes. Scoop out the centers.

In a mixing bowl, mix the rice, pepper, onion, celery, salt, paprika and butter. Mix well. Stuff the tomatoes. Place the tomatoes in a baking dish so that they touch each other. Place a small amount of water in the bottom of the dish.

Bake for approximately 40 minutes until tender.

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Per Serving (excluding unknown items): 894 Calories; 47g Fat (47.7% calories from fat); 11g Protein; 106g Carbohydrate; 2g Dietary Fiber; 124mg Cholesterol; 1555mg Sodium. Exchanges: 6 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 9 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	894	Vitamin B6 (mg):	3.5mg
% Calories from Fat:	47.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	47.5%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	4.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	47g	Folacin (mcg):	224mcg
Saturated Fat (g):	29g	Niacin (mg):	7mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	124mg	% Daily Value*	on on%
Carbohydrate (g):	106g	<b>Food Exchanges</b>	
Dietary Fiber (g):	2g	Grain (Starch):	6 1/2
Protein (g):	11g	Lean Meat:	0

Sodium (mg): 1555mg  
Potassium (mg): 232mg  
Calcium (mg): 71mg  
Iron (mg): 1mg  
Zinc (mg): 2mg  
Vitamin C (mg): 2mg  
Vitamin A (i.u.): 2102IU  
Vitamin A (r.e.): 466RE

Vegetable: 0  
Fruit: 0  
Non-Fat Milk: 0  
Fat: 9  
Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

Calories 894      Calories from Fat: 426

### % Daily Values\*

<b>Total Fat</b>	47g	73%
Saturated Fat	29g	145%
<b>Cholesterol</b>	124mg	41%
<b>Sodium</b>	1555mg	65%
<b>Total Carbohydrates</b>	106g	35%
Dietary Fiber	2g	8%
<b>Protein</b>	11g	
<b>Vitamin A</b>		42%
<b>Vitamin C</b>		3%
<b>Calcium</b>		7%
<b>Iron</b>		6%

\* Percent Daily Values are based on a 2000 calorie diet.