

# Baked Tomatoes Stuffed with Italian Bread Crumbs

*Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers*

*6 ripe fresh tomatoes  
1/8 teaspoon salt  
1/8 teaspoon pepper  
2 large cloves garlic, minced  
3 tablespoons green onions, minced  
4 tablespoons fresh parsley, minced  
1/4 cup Parmesan cheese, grated  
2 tablespoons extra-virgin olive oil  
1 cup Italian seasoned bread crumbs  
1/4 cup shredded Cheddar cheese*

Preheat the oven to 400 degrees.

Wash and clean the tomatoes, removing the juice and seeds. Sprinkle the inside with salt and pepper to taste.

In a bowl, mix the garlic, green onions, parsley, Parmesan, olive oil and bread crumbs. Fill each tomato half full with the bread crumb mixture. Sprinkle 1/2 the Cheddar cheese over the bread crumb layer. Fill the tomato halves with the balance of the bread crumb mixture. Sprinkle the tomato tops with the remaining Cheddar. Arrange in a large casserole dish or pan.

Bake for 15 to 20 minutes or until the tomatoes are cooked.

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Per Serving (excluding unknown items): 464 Calories; 43g Fat (81.3% calories from fat); 16g Protein; 5g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 816mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 7 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	464	Vitamin B6 (mg):	.1mg
% Calories from Fat:	81.3%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	14.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	43g	Folacin (mcg):	41mcg

**Saturated Fat (g):** 13g  
**Monounsaturated Fat (g):** 24g  
**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 45mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 16g  
**Sodium (mg):** 816mg  
**Potassium (mg):** 209mg  
**Calcium (mg):** 526mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 25mg  
**Vitamin A (i.u.):** 1289IU  
**Vitamin A (r.e.):** 217RE

**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.00%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 2  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 7  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 464 Calories from Fat: 378

### % Daily Values\*

<b>Total Fat</b>	43g	65%
Saturated Fat	13g	67%
<b>Cholesterol</b>	45mg	15%
<b>Sodium</b>	816mg	34%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	5%
<b>Protein</b>	16g	
<b>Vitamin A</b>		26%
<b>Vitamin C</b>		42%
<b>Calcium</b>		53%
<b>Iron</b>		10%

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