

Baked Tomatoes

Jeanne S Hotaling - Augusta, GA
Southern Living - 1987 Annual Recipes

Servings: 8

4 medium tomatoes, halved
1/8 teaspoon salt
1 tablespoon Dijon mustard
2 tablespoons green pepper, diced
2 tablespoons celery, diced
1 tablespoon onion, diced
2 tablespoons butter, melted

Preheat the oven to 400 degrees.

Place the tomato halves in a lightly greased 13x9x2-inch baking dish.

Sprinkle with salt. Spread with mustard.

In a bowl, combine the green pepper, celery and onion. Spoon over the cut surface of the tomato halves.

Drizzle with butter.

Bake for 10 minutes or until the tomatoes are heated.

Per Serving (excluding unknown items): 41 Calories; 3g Fat (64.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 92mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	41	Vitamin B6 (mg):	.1mg
% Calories from Fat:	64.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	29.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	11mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	8mg	% Refuse:	0.0%

Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	92mg
Potassium (mg):	151mg
Calcium (mg):	7mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	14mg
Vitamin A (i.u.):	509IU
Vitamin A (r.e.):	66 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	41	Calories from Fat: 26
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% Daily Values*

Total Fat	3g	5%
Saturated Fat	2g	9%
Cholesterol	8mg	3%
Sodium	92mg	4%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	3%
Protein	1g	

Vitamin A	10%
Vitamin C	23%
Calcium	1%
Iron	2%

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