



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Tuna Stuffed Tomato ♦

Tuna Stuffed Tomato is a delicious and healthy dish that combines the flavors of fresh tomatoes and tuna. It is a perfect choice for a light and nutritious meal. The tomatoes are hollowed out and filled with a mixture of tuna, mayonnaise, and seasonings. The stuffed tomatoes are then baked until the filling is warm and the tomatoes are tender. This recipe is easy to make and can be enjoyed as a main course or a side dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

800 g	Tomatoes
200 g	canned tuna
50 g	mayonnaise
2 g	Salt

1 g	Black pepper
10 g	Parsley

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut off the tops of the tomatoes and scoop out the seeds and pulp.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the tuna, mayonnaise, salt, black pepper, and parsley.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Stuffing

Stuff the tomatoes with the tuna mixture.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Baking

Place the stuffed tomatoes on a baking sheet and bake for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Serving

Serve the tuna stuffed tomatoes warm.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	6 mg	54.55%	75%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

French Mediterranean Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers Main Dishes Salads

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

Visit our website: healthdor.com