

# Tomates Farcies

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-tomato-chinese-style-recipe>

## Ingredients:

- 4 beefsteak tomatoes ripe
- 1 pound ground beef
- 1/2 cup breadcrumbs
- 1 yellow onion
- 1/4 cup parsley finely chopped
- 1 tablespoon fresh thyme leaves chopped
- 1/4 cup olive oil
- 1/3 cup gruyere
- sea salt
- pepper

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 85 milligrams
4. Fat: 34 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 11 grams
8. Sodium: 400 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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