

CrockPot Stuffed Tomatoes

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-jerk-goat-recipe>

Ingredients:

- 5 vine ripened tomatoes or more largish
- ricotta
- feta
- goat
- 2 tablespoons tomato
- cheese
- 1 garlic clove chopped
- 2 tablespoons basil fresh chopped

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 160 milligrams
9. Sugar: 5 grams

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