

# Gemista – Greek Stuffed vegetables with rice

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-greek-stuffed-tomatoes>

## Ingredients:

- 6 tomatoes large
- 4 eggplants medium
- 2 tablespoons ketchup
- 2 tablespoons tomato paste
- 1 1/4 cups olive oil
- 1 cup onion grated
- salt
- pepper
- 1 1/2 cups short grain rice
- 2/3 cup chopped parsley
- 2 tablespoons dried mint
- 2 large potatoes
- feta for garnish, opt., optional

## Nutrition:

1. Calories: 1230 calories
2. Carbohydrate: 141 grams
3. Cholesterol: 5 milligrams
4. Fat: 70 grams
5. Fiber: 26 grams
6. Protein: 19 grams
7. SaturatedFat: 11 grams
8. Sodium: 470 milligrams
9. Sugar: 23 grams

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