



Avocado-Stuffed Cherry Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



36

CALORIES



12 kcal

SIDE DISH

Ingredients

- ☐ 36 cherry tomatoes
- ☐ 1 avocado pitted ripe peeled cut into chunks
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon chili powder
- ☐ 1 Dash garlic powder
- ☐ 1 serving cilantro leaves fresh

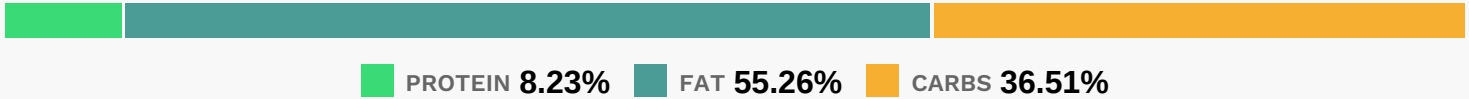
Equipment

- ☐ blender
- ☐ melon baller

Directions

- ☐ Cut top off each cherry tomato. Scoop out tomatoes with melon baller, leaving enough for a firm shell. If necessary, cut small slice from bottom so tomatoes stand upright.
- ☐ In blender, place remaining ingredients except cilantro. Cover; blend until smooth. Carefully spoon 1 teaspoon avocado mixture into each tomato.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:2.89, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.182608699669%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 12.38kcal (0.62%), Fat: 0.85g (1.3%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.5g (0.55%), Cholesterol: 0mg (0%), Sodium: 35.04mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.57%), Vitamin C: 4.78mg (5.79%), Fiber: 0.51g (2.04%), Vitamin A: 99.76IU (2%), Potassium: 66mg (1.89%), Folate: 6.96µg (1.74%), Vitamin K: 1.69µg (1.61%), Vitamin E: 0.22mg (1.49%), Vitamin B6: 0.03mg (1.46%), Manganese: 0.03mg (1.34%), Copper: 0.02mg (1.2%), Vitamin B5: 0.1mg (1.01%)