



Bacon Cheddar-Stuffed Cherry Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



28 kcal

SIDE DISH

Ingredients

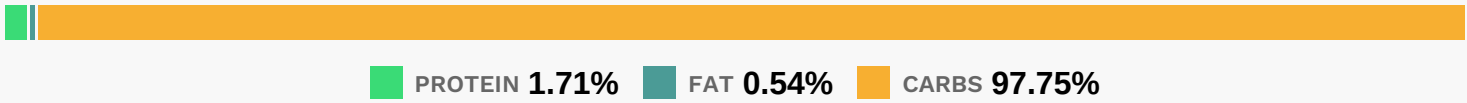
- ☐ 12 cherry tomatoes cut in half crosswise (1 pint)
- ☐ 8 oz let set min. spread canned
- ☐ 1 tablespoon chives fresh chopped

Equipment

Directions

- ☐
- Gently squeeze tomato halves to remove juice and seeds. Pipe cheese spread on top of each tomato half.
- ☐
- Sprinkle each with chives. Arrange on serving platter.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:3.52, Inflammation Score:-1, Nutrition Score:0.54043478518724%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 27.84kcal (1.39%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.8g (5.33%), Cholesterol: 0mg (0%), Sodium: 3.96mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin C: 2.84mg (3.45%)