



Blue Cheese Crusted Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces cheese blue crumbled
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 1 tablespoon olive oil
- ☐ 12 medium tomatoes

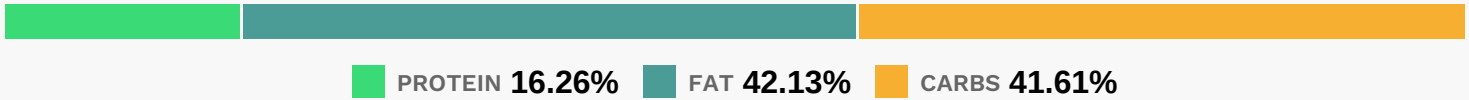
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare barbecue (high heat), leaving opposite side unlit if gas grill or without coals if charcoal grill.
- ☐ Mix breadcrumbs and olive oil in small bowl, mashing to coat.
- ☐ Cut top 1/4 from each tomato.
- ☐ Sprinkle tomatoes with salt and pepper. Top each with 1 tablespoon blue cheese.
- ☐ Sprinkle with breadcrumb mixture.
- ☐ Arrange tomatoes (topping side up) on unlit side of grill. Cover grill and cook tomatoes until slightly soft and cheese melts, about 13 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:12.658695675757%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 150.49kcal (7.52%), Fat: 7.37g (11.34%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 13.02g (4.74%), Sugar: 7.1g (7.89%), Cholesterol: 10.63mg (3.54%), Sodium: 241.24mg (10.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin A: 2157.33IU (43.15%), Vitamin C: 33.7mg (40.85%), Vitamin K: 21.77µg (20.74%), Manganese: 0.36mg (18.22%), Potassium: 636.97mg (18.2%), Fiber: 3.36g (13.43%), Folate: 51.63µg (12.91%), Phosphorus: 128.75mg (12.87%), Vitamin B1: 0.18mg (12.14%), Calcium: 115.94mg (11.59%), Vitamin B6: 0.23mg (11.56%), Vitamin E: 1.71mg (11.38%), Vitamin B3: 2.2mg (11.01%), Copper: 0.17mg (8.69%), Magnesium: 34.19mg (8.55%), Vitamin B2: 0.14mg (8.07%), Iron: 1.16mg (6.42%), Selenium: 4.32µg (6.18%), Zinc: 0.93mg (6.17%), Vitamin B5: 0.51mg (5.14%), Vitamin B12: 0.2µg (3.41%)