



Cheese-Topped Grilled Tomatoes

 Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients

- 1 Tbsp herbs fresh chopped (basil, chives and/or parsley)
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 Tbsp parmesan cheese grated kraft
- 4 plum tomatoes

Equipment

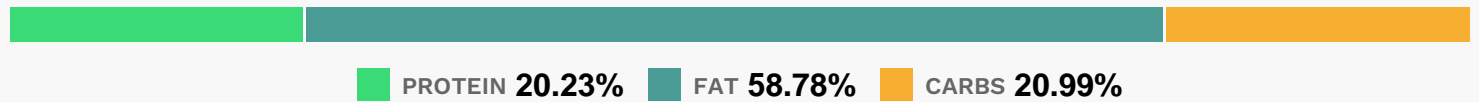
- frying pan
- grill

aluminum foil

Directions

- Heat grill to medium-high heat.
- Place tomatoes, cut-sides up, in 8-inch square foil pan sprayed with cooking spray.
- Drizzle with dressing; top with cheeses.
- Place pan on grill grate.
- Grill 10 to 12 min. or until mozzarella is melted and tomatoes are heated through.
- Sprinkle with herbs.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:5.5604348027188%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 92.84kcal (4.64%), Fat: 6.16g (9.48%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.17g (1.52%), Sugar: 3.38g (3.76%), Cholesterol: 11.14mg (3.71%), Sodium: 279.89mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin K: 28.97µg (27.59%), Calcium: 141mg (14.1%), Vitamin A: 690.74IU (13.81%), Vitamin C: 9.82mg (11.9%), Phosphorus: 98.3mg (9.83%), Potassium: 180.9mg (5.17%), Vitamin E: 0.7mg (4.64%), Selenium: 3.19µg (4.55%), Zinc: 0.62mg (4.14%), Manganese: 0.08mg (4.01%), Vitamin B2: 0.06mg (3.75%), Vitamin B6: 0.07mg (3.58%), Fiber: 0.78g (3.1%), Folate: 12.15µg (3.04%), Magnesium: 12.12mg (3.03%), Vitamin B12: 0.15µg (2.48%), Copper: 0.05mg (2.26%), Vitamin B3: 0.42mg (2.08%), Vitamin B1: 0.03mg (1.99%), Iron: 0.31mg (1.7%)