



## Cherry Tomato Towers with Goat Cheese Aioli

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 small garlic clove minced
- 0.5 cup goat cheese
- 0.5 teaspoon kosher salt
- 0.8 cup mayonnaise
- 30 large cherry tomatoes red yellow

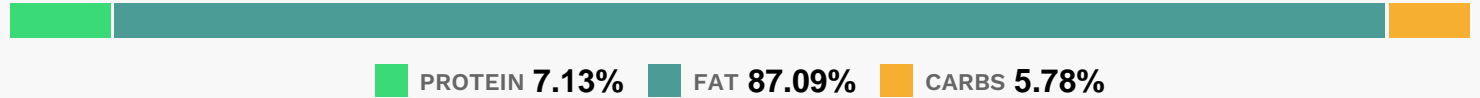
### Equipment

- microwave

## Directions

- Soften goat cheese in microwave for 15 seconds.
- Mix with minced garlic, mayonnaise, and kosher salt. Slice cherry tomatoes into thirds (after discarding ends). Stack 3 tomato slices, alternating colors; top each tower with a dollop of goat cheese aioli, and serve.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.4569565116063%

## Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 51.28kcal (2.56%), Fat: 5.01g (7.7%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.49g (0.54%), Cholesterol: 4.09mg (1.36%), Sodium: 90.13mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin K: 9.67µg (9.21%), Vitamin C: 3.91mg (4.74%), Vitamin A: 125.86IU (2.52%), Copper: 0.04mg (2.09%), Vitamin E: 0.29mg (1.91%), Phosphorus: 15.77mg (1.58%), Vitamin B6: 0.02mg (1.23%), Manganese: 0.02mg (1.19%), Vitamin B2: 0.02mg (1.13%), Potassium: 39.57mg (1.13%), Iron: 0.2mg (1.12%)