



## Cherry Tomatoes Stuffed with Chicken Apple Salad

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



131 kcal

SIDE DISH

### Ingredients

- 16 cherry tomatoes
- 2 teaspoons parsley leaves fresh chopped
- 2 granny smith apples
- 0.5 teaspoon ground cinnamon
- 1 teaspoon juice of lemon
- 3 tablespoons mayonnaise
- 16 small very leaves rosemary for garnish

- 8 servings salt and pepper black freshly ground
- 16 ounce chicken breasts boneless skinless
- 8 servings water

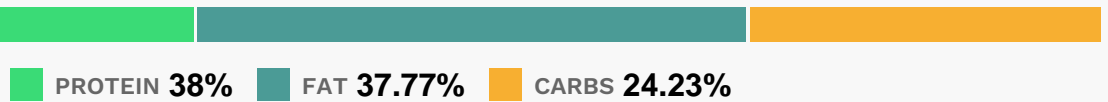
## Equipment

- measuring spoon

## Directions

- Poach chicken in water and set aside to cool. Carefully slice off a small amount of the top of tomatoes (be careful not to remove too much) and scoop out seeds. (A 1/4 teaspoon measuring spoon works well for this procedure.) Peel apples, remove core and chop fine, and coat with lemon juice. Chop cooled chicken fine, season with salt and pepper and cinnamon, and stir in mayonnaise and chopped parsley, mixing well. Spoon chicken salad into tomatoes and garnish with the rosemary leaves.

## Nutrition Facts



## Properties

Glycemic Index:27.63, Glycemic Load:1.72, Inflammation Score:-4, Nutrition Score:8.1739129786906%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 131.49kcal (6.57%), Fat: 5.55g (8.53%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 6.5g (2.36%), Sugar: 5.63g (6.25%), Cholesterol: 38.49mg (12.83%), Sodium: 115.29mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.11%), Vitamin B3: 6.14mg (30.71%), Selenium: 18.45µg (26.36%), Vitamin B6: 0.47mg (23.74%), Phosphorus: 135.14mg (13.51%), Vitamin C: 10.93mg (13.25%), Vitamin K: 11.24µg (10.7%), Potassium: 338.2mg (9.66%), Vitamin B5: 0.89mg (8.91%), Fiber: 1.51g (6.04%), Magnesium: 23.23mg (5.81%), Manganese: 0.1mg (4.95%), Copper: 0.09mg (4.75%), Vitamin B2: 0.08mg (4.6%), Vitamin A: 220.57IU (4.41%), Vitamin B1: 0.06mg (3.87%), Vitamin E: 0.56mg (3.72%), Iron: 0.59mg (3.26%), Zinc: 0.44mg (2.91%), Folate: 9.12µg (2.28%), Calcium: 21.15mg (2.12%), Vitamin B12: 0.12µg (1.99%)