



Cherry Tomatoes Stuffed with Marinated Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1 pound cherry tomatoes
- ☐ 7 ounce feta cheese cut into 1/2-inch cubes
- ☐ 12 kalamata olives pitted halved lengthwise
- ☐ 2 tablespoons olive oil plus additional extra-virgin for drizzling
- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 1 tablespoon shallots minced

Equipment

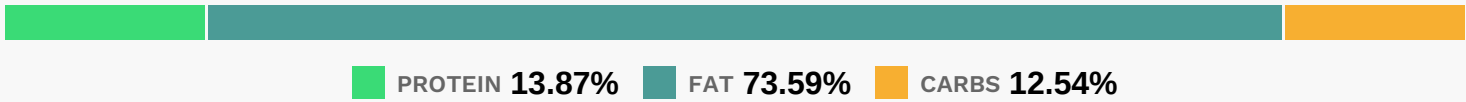
- ☐ bowl

☐ melon baller

Directions

- ☐ Toss cubed feta, oil, shallot, and oregano in small bowl. Season with salt and pepper.
- ☐ Cut 12 tomatoes crosswise in half. Scoop out tomato pulp with melon baller or small spoon.
- ☐ Place tomatoes, cut side up, on serving plate.
- ☐ Sprinkle with salt and pepper.
- ☐ Stuff hollowed cherry tomatoes with marinated feta. Slide in olive half alongside cheese.
- ☐ Drizzle with additional olive oil. DO AHEAD: Can be made 6 hours ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:7.7578260328459%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 155.75kcal (7.79%), Fat: 13.09g (20.14%), Saturated Fat: 5.22g (32.62%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.06g (2.29%), Cholesterol: 29.44mg (9.81%), Sodium: 510.5mg (22.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.11%), Vitamin C: 17.37mg (21.06%), Calcium: 178.86mg (17.89%), Vitamin B2: 0.3mg (17.5%), Phosphorus: 134.2mg (13.42%), Vitamin A: 543.59IU (10.87%), Vitamin B6: 0.21mg (10.5%), Vitamin E: 1.49mg (9.94%), Vitamin B12: 0.56µg (9.32%), Selenium: 5.44µg (7.77%), Zinc: 1.07mg (7.15%), Vitamin K: 6.68µg (6.36%), Potassium: 196.38mg (5.61%), Vitamin B1: 0.08mg (5.41%), Folate: 21.61µg (5.4%), Manganese: 0.1mg (5.09%), Iron: 0.88mg (4.87%), Vitamin B5: 0.43mg (4.26%), Copper: 0.08mg (3.97%), Vitamin B3: 0.76mg (3.8%), Magnesium: 14.77mg (3.69%), Fiber: 0.92g (3.67%)