



Cherry Tomatoes with Broccoli Filling

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 10 oz broccoli frozen thawed chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 48 grape tomatoes (2 pints)
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup parmesan grated
- ☐ 10 servings salt and pepper

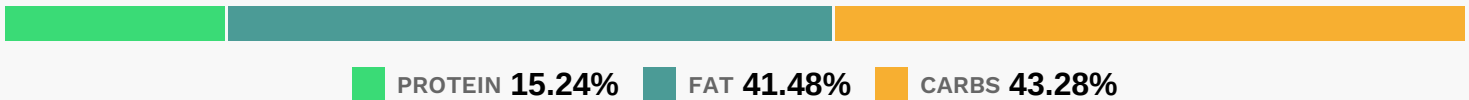
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ melon baller

Directions

- ☐ Slice tops off tomatoes; reserve. Use a small spoon or melon baller to scoop out pulp; discard pulp. Invert tomatoes onto paper towels, cover with plastic wrap and refrigerate until ready to fill
- ☐ Squeeze as much moisture as possible from broccoli and pat dry with paper towels.
- ☐ Place in bowl of a food processor and add mayonnaise, sour cream, Parmesan and crushed red pepper. Pulse a few times to thoroughly mix, but do not completely puree. Season with salt and pepper. Refrigerate until ready to serve.
- ☐ Spoon 1 tsp. filling into each tomato, mounding filling slightly. Set tops on filling.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:8.3343478473632%

Flavonoids

Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 69.57kcal (3.48%), Fat: 3.41g (5.25%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 6.26g (2.28%), Sugar: 3.1g (3.44%), Cholesterol: 4.53mg (1.51%), Sodium: 357.75mg (15.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Vitamin C: 36.47mg (44.2%), Vitamin K: 41.53µg (39.55%), Vitamin A: 942.69IU (18.85%), Potassium: 305.57mg (8.73%), Folate: 32.02µg (8%), Manganese: 0.16mg

(7.8%), Fiber: 1.75g (7%), Phosphorus: 68.55mg (6.85%), Calcium: 66.58mg (6.66%), Vitamin E: 0.95mg (6.34%), Vitamin B6: 0.12mg (6.09%), Vitamin B2: 0.08mg (4.42%), Magnesium: 17.56mg (4.39%), Vitamin B1: 0.06mg (3.8%), Vitamin B3: 0.69mg (3.47%), Copper: 0.07mg (3.4%), Selenium: 2.19µg (3.13%), Iron: 0.48mg (2.68%), Zinc: 0.39mg (2.63%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.06µg (1.08%)