



Chicken Salad-Stuffed Tomato Appetizers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



4 kcal

SIDE DISH

Ingredients

- 24 cherry tomatoes
- 1 serving spring onion cut into 1 1/4-inch strips
- 0.5 cup the salad (from deli)
- 2 tablespoons horseradish prepared

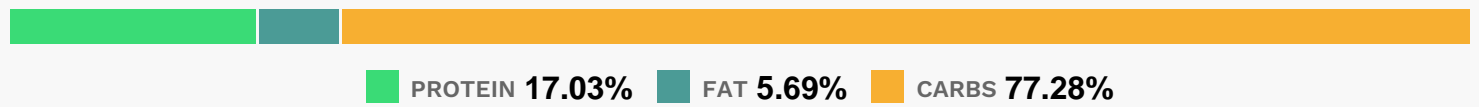
Equipment

- bowl
- knife
- melon baller

Directions

- With sharp knife, cut 1/4-inch off stem side of each tomato and 1/8-inch off bottoms. Using melon baller or small spoon, remove insides of tomatoes; discard.
- Make cuts in ends of each green onion piece; place in bowl of ice water until curly.
- In small bowl, mix chicken salad and horseradish.
- Place 1 teaspoon chicken salad in each tomato.
- Place 1 green onion brush in top center of each tomato for stem.

Nutrition Facts



Properties

Glycemic Index:2.79, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.78565216777117%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 3.87kcal (0.19%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 7.38mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin C: 4.43mg (5.37%), Vitamin A: 95.11IU (1.9%), Potassium: 42.26mg (1.21%), Manganese: 0.02mg (1.05%)