



Chicken Salad Tomato Cups



Gluten Free



Dairy Free

READY IN



37 min.

SERVINGS



9

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 campari tomatoes halved
- ☐ 0.3 cup celery finely chopped
- ☐ 9 servings garnish: chives fresh
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.1 teaspoon pepper freshly ground

- ☐ 0.3 cup onion red finely chopped
- ☐ 1.5 cups deli-roasted chicken shredded

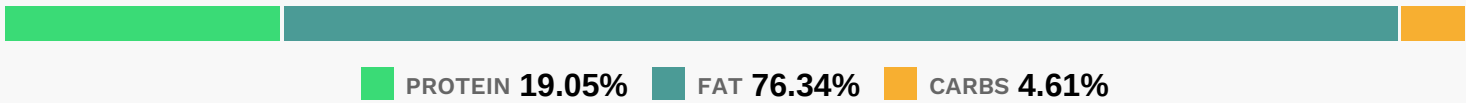
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Stir together first 7 ingredients in a medium bowl; gently stir in chicken.
- ☐ Carefully scoop out and discard tomato pulp, leaving a 1/8-inch shell.
- ☐ Place tomato shells upside down on several layers of paper towels; let drain 5 minutes.
- ☐ Spoon about 1 Tbsp. chicken salad into each tomato shell.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:3.6626086358143%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 132.76kcal (6.64%), Fat: 10.89g (16.75%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.44g (0.49%), Cholesterol: 22.73mg (7.58%), Sodium: 99.83mg (4.34%), Alcohol: 0.45g (100%), Alcohol %: 1.13% (100%), Protein: 6.11g (12.22%), Vitamin K: 26.13µg (24.89%), Vitamin B3: 1.87mg (9.36%), Selenium: 6.09µg (8.7%), Vitamin B6: 0.11mg (5.5%), Phosphorus: 51.23mg (5.12%), Vitamin E: 0.43mg (2.86%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.4mg (2.67%), Vitamin B2: 0.04mg (2.5%), Vitamin C: 2.05mg

(2.49%), Vitamin A: 116.31IU (2.33%), Potassium: 81.64mg (2.33%), Iron: 0.37mg (2.04%), Magnesium: 7.02mg (1.76%), Folate: 6.3µg (1.58%), Manganese: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.39%), Vitamin B12: 0.08µg (1.38%), Copper: 0.02mg (1.19%)