



Cottage Tomatoes



Vegetarian



Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons dillweed fresh chopped
- ☐ 0.3 teaspoon ground pepper
- ☐ 1.5 teaspoons juice of lemon
- ☐ 1 cup curd cottage cheese 1% low-fat
- ☐ 4 servings paprika
- ☐ 0.1 teaspoon salt
- ☐ 4 medium size tomatoes

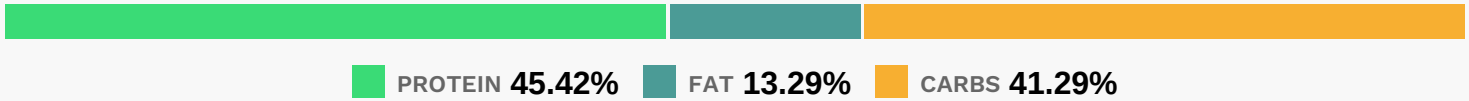
Equipment

☐ paper towels

Directions

- ☐ Slice off tops of tomatoes; scoop out pulp with a small spoon, discarding pulp. Invert and drain on paper towels.
- ☐ While tomato shells drain, combine cottage cheese and next 4 ingredients, stirring well. Spoon mixture evenly into tomato shells.
- ☐ Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.33, Inflammation Score:-8, Nutrition Score:8.5604346938755%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 69.32kcal (3.47%), Fat: 1.09g (1.68%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 5.41g (1.97%), Sugar: 5.03g (5.59%), Cholesterol: 2.26mg (0.75%), Sodium: 309.8mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.79%), Vitamin A: 2056.79IU (41.14%), Vitamin C: 17.85mg (21.64%), Phosphorus: 112.06mg (11.21%), Potassium: 391.52mg (11.19%), Vitamin K: 11.58µg (11.03%), Manganese: 0.19mg (9.69%), Vitamin B6: 0.18mg (9.07%), Fiber: 2.22g (8.87%), Vitamin B2: 0.14mg (8.39%), Vitamin E: 1.26mg (8.37%), Selenium: 5.22µg (7.46%), Folate: 27.06µg (6.76%), Vitamin B12: 0.36µg (5.93%), Calcium: 52.68mg (5.27%), Copper: 0.11mg (5.26%), Magnesium: 20.41mg (5.1%), Vitamin B3: 1.01mg (5.06%), Iron: 0.87mg (4.82%), Vitamin B1: 0.06mg (4.32%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.29mg (2.87%)