



Cucumber-Dill Stuffed Cherry Tomatoes



Vegetarian



Gluten Free

READY IN



165 min.

SERVINGS



24

CALORIES



19 kcal

SIDE DISH

Ingredients

- ☐ 24 cherry tomatoes
- ☐ 3 oz cream cheese softened
- ☐ 2 tablespoons salad dressing
- ☐ 0.3 cup cucumber seeded finely chopped
- ☐ 1 tablespoon spring onion finely chopped
- ☐ 2 teaspoons dill dried fresh chopped

Equipment

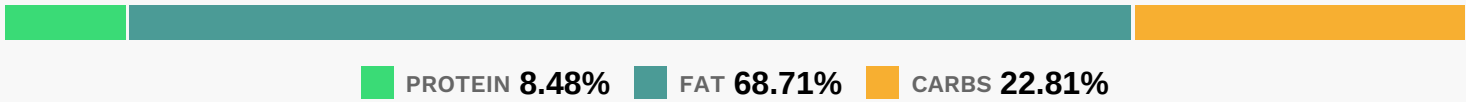
- ☐ bowl

- ☐ paper towels
- ☐ melon baller

Directions

- ☐ Remove stems from tomatoes. To level bottoms of tomatoes, cut thin slice from bottom of each. Starting at stem end and using small spoon or melon baller, carefully hollow out each tomato, leaving 1/8-inch shell. Invert tomato shells onto paper towels to drain.
- ☐ In small bowl, combine cream cheese and mayonnaise; blend well. Stir in cucumber, onions and dill; mix well.
- ☐ Fill tomato shells with cream cheese mixture; place on serving platter or tray. Cover loosely; refrigerate at least 2 hours or up to 24 hours before serving. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.97739129610684%

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: 18.72kcal (0.94%), Fat: 1.49g (2.29%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.71g (0.79%), Cholesterol: 3.58mg (1.19%), Sodium: 24.82mg (1.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.83%), Vitamin C: 4.01mg (4.87%), Vitamin A: 139.51IU (2.79%), Vitamin K: 1.82µg (1.73%), Potassium: 48.05mg (1.37%), Manganese: 0.02mg (1.17%), Vitamin E: 0.15mg (1.02%)