



 **100%**
HEALTH SCORE

Cucumber-White Bean Stuffed Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

Ingredients

- 19 ounce cannellini beans beans white rinsed drained canned
- 2 cups cucumber diced peeled
- 3 tablespoons basil fresh finely chopped
- 1 garlic clove crushed
- 4 lettuce leaves
- 1 tablespoon olive oil extra-virgin
- 0.1 teaspoon pepper
- 0.3 cup onion red finely chopped

- 0.3 teaspoon salt
- 2 pounds tomatoes
- 2 tablespoons citrus champagne vinegar

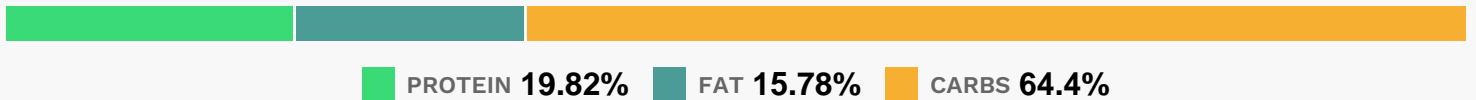
Equipment

- bowl
- whisk

Directions

- Combine first 4 ingredients in a large bowl, and toss gently.
- Combine vinegar, oil, salt, pepper, and garlic in a small bowl, and stir well with a whisk.
- Drizzle vinegar mixture over cucumber mixture, and toss gently to coat.
- Core tomatoes; cut each tomato into 6 wedges, cutting to, but not through, bottom of tomato.
- Spread wedges slightly apart. Spoon 3/4 cup cucumber mixture into the center of each tomato.
- Serve on 4 lettuce-lined plates; garnish with basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:9.67, Inflammation Score:-10, Nutrition Score:23.453043243159%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 245.23kcal (12.26%), Fat: 4.48g (6.89%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 30.95g (11.25%), Sugar: 8.09g (8.99%), Cholesterol: 0mg (0%), Sodium: 172.87mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.31%), Vitamin A: 3793.85IU (75.88%), Manganese: 1.13mg (56.57%), Vitamin C: 39.05mg (47.33%), Fiber: 10.17g (40.69%), Potassium: 1316.58mg (37.62%), Folate: 143.57µg (35.89%), Vitamin K: 35.11µg (33.44%), Iron: 5.15mg (28.61%), Magnesium: 107.62mg (26.9%), Copper: 0.51mg (25.42%), Phosphorus: 204.45mg (20.44%), Vitamin E: 2.9mg (19.34%), Vitamin B6: 0.37mg (18.41%), Vitamin B1: 0.27mg (17.73%), Calcium: 146.86mg (14.69%), Zinc: 2.1mg (14.01%), Vitamin B3: 1.65mg (8.27%), Vitamin B2: 0.14mg (8.19%), Vitamin B5: 0.64mg (6.35%), Selenium: 2.55µg (3.64%)