



Deviled Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- 4 beefsteak tomatoes
- 4 teaspoons olive oil
- 4 servings salt and pepper to taste
- 0.5 cup vinegar white

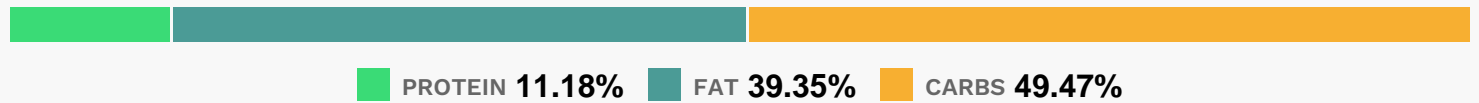
Equipment

- bowl

Directions

- Slice the top off of each tomato. Hollow out each tomato with a spoon, leaving a 1/2 to 1/4 inch shell.
- Place tomato pulp in a large bowl.
- Stir the vinegar and olive oil into the pulp, mixing to break up any large pieces. Season with salt and pepper. Evenly spoon the filling into the tomato shells. Refrigerate for at least 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:3.48, Inflammation Score:-9, Nutrition Score:13.444347909611%

Flavonoids

Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 102.3kcal (5.11%), Fat: 4.68g (7.2%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 9.16g (3.33%), Sugar: 8.95g (9.95%), Cholesterol: 0mg (0%), Sodium: 211.51mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin A: 2832.2IU (56.64%), Vitamin C: 46.58mg (56.46%), Vitamin K: 29.27µg (27.87%), Potassium: 806.52mg (23.04%), Manganese: 0.41mg (20.28%), Fiber: 4.08g (16.32%), Vitamin E: 2.41mg (16.08%), Vitamin B6: 0.27mg (13.6%), Folate: 51µg (12.75%), Copper: 0.2mg (10.13%), Vitamin B3: 2.02mg (10.1%), Magnesium: 37.72mg (9.43%), Vitamin B1: 0.13mg (8.39%), Phosphorus: 82.88mg (8.29%), Iron: 0.95mg (5.29%), Zinc: 0.58mg (3.88%), Vitamin B2: 0.06mg (3.8%), Calcium: 36.07mg (3.61%), Vitamin B5: 0.3mg (3.03%)