



Filled Tomato Appetizers



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 cherry tomatoes
- ☐ 0.5 cup chicken (from deli)
- ☐ 24 servings spring onion cut into 1 1/4-inch strips
- ☐ 2 tablespoons horseradish prepared

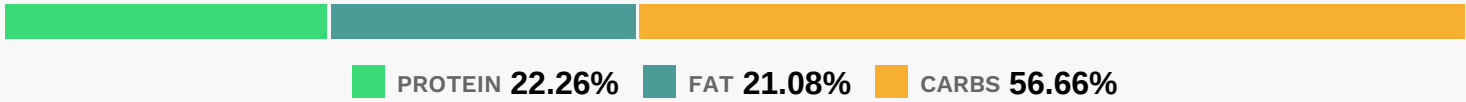
Equipment

- ☐ bowl
- ☐ knife
- ☐ melon baller

Directions

- ☐ With sharp knife, cut 1/4-inch off stem side of each tomato and 1/8-inch off bottoms. Using melon baller or small spoon, remove insides of tomatoes; discard.
- ☐ Make cuts in ends of each green onion piece; place in bowl of ice water until curly.
- ☐ In small bowl, mix chicken salad and horseradish.
- ☐ Place 1 teaspoon chicken salad in each tomato.
- ☐ Place 1 green onion brush in top center of each tomato for stem.

Nutrition Facts



Properties

Glycemic Index:2.79, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:1.6539130683826%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 8.01kcal (0.4%), Fat: 0.21g (0.32%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.95g (0.34%), Sugar: 0.66g (0.74%), Cholesterol: 0.85mg (0.28%), Sodium: 8.87mg (0.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin K: 12.93µg (12.31%), Vitamin C: 5.33mg (6.46%), Vitamin A: 144.56IU (2.89%), Folate: 6.83µg (1.71%), Potassium: 58.83mg (1.68%), Manganese: 0.03mg (1.46%), Fiber: 0.32g (1.26%), Iron: 0.22mg (1.22%), Vitamin B6: 0.02mg (1.1%), Vitamin B3: 0.2mg (1.02%)