



Fresh Mozzarella in Tomato Cups



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 12 large cherry tomatoes
- ☐ 2 oz mozzarella fresh cut into 1/2-inch cubes
- ☐ 0.3 cup salad dressing italian
- ☐ 12 small basil

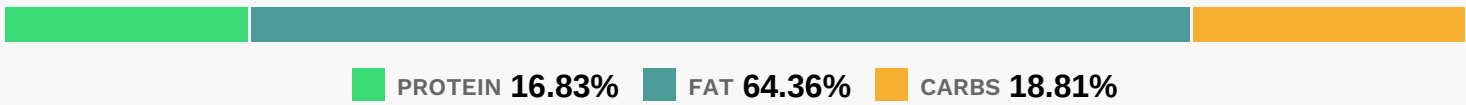
Equipment

- ☐ bowl
- ☐ measuring spoon
- ☐ melon baller

Directions

- ☐ Cut top off each cherry tomato. With melon baller or measuring spoon, scoop out seeds from each tomato, leaving enough for a firm shell. If necessary, cut small slice from bottom so tomato stands upright.
- ☐ Place tomatoes on serving plate or tray.
- ☐ In small bowl, toss cheese and dressing.
- ☐ Place 1 cheese cube in each tomato; top each with basil leaf.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.4234782470309%

Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 29.08kcal (1.45%), Fat: 2.11g (3.25%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 1.26g (0.46%), Sugar: 1g (1.11%), Cholesterol: 3.73mg (1.24%), Sodium: 80.13mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin C: 3.97mg (4.81%), Vitamin K: 4.99µg (4.75%), Vitamin A: 137.93IU (2.76%), Calcium: 27.08mg (2.71%), Phosphorus: 22.44mg (2.24%), Vitamin B12: 0.11µg (1.8%), Vitamin E: 0.21mg (1.43%), Selenium: 0.99µg (1.41%), Potassium: 45.94mg (1.31%), Manganese: 0.03mg (1.27%), Zinc: 0.17mg (1.12%), Vitamin B2: 0.02mg (1.02%)