



Grape Tomato "Blossoms"

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup philadelphia cheese and herb cooking creme softened (from a 5.2-oz package)
- ☐ 18 chives fresh
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 18 grape tomatoes
- ☐ 18 slices genoa salami very thin ()

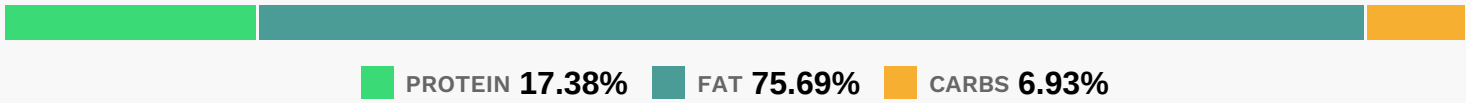
Equipment

- ☐ plastic wrap

Directions

- ☐ Stir together cheese and basil until combined well. Put 1/2 teaspoon cheese in center of 1 salami round. Press 1 tomato, stemmed end down, into cheese (to stabilize it), then gather salami up around tomato. Turn wrapped tomato on its side and tie salami with a chive just below gathers (handle chive gently so it won't break), leaving top of tomato exposed. Make more "blossoms" in same manner, then trim chives.
- ☐ ·Tomato blossoms can be made 4 hours ahead and chilled, loosely covered with plastic wrap.
- ☐ Let stand at room temperature 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:2.2730434588764%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 58.2kcal (2.91%), Fat: 4.89g (7.52%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.62g (0.69%), Cholesterol: 11.64mg (3.88%), Sodium: 231.49mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin B1: 0.09mg (6.06%), Vitamin A: 248.03IU (4.96%), Vitamin K: 4.86µg (4.63%), Vitamin B12: 0.25µg (4.2%), Vitamin C: 2.97mg (3.6%), Selenium: 2.3µg (3.28%), Vitamin B6: 0.06mg (3.25%), Vitamin B3: 0.61mg (3.07%), Zinc: 0.42mg (2.77%), Phosphorus: 25.46mg (2.55%), Potassium: 78.25mg (2.24%), Vitamin B2: 0.03mg (2.02%), Manganese: 0.03mg (1.66%), Copper: 0.03mg (1.36%), Vitamin B5: 0.11mg (1.14%), Magnesium: 4.48mg (1.12%), Iron: 0.19mg (1.05%)