



Green Grape Tomato Appetizer

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

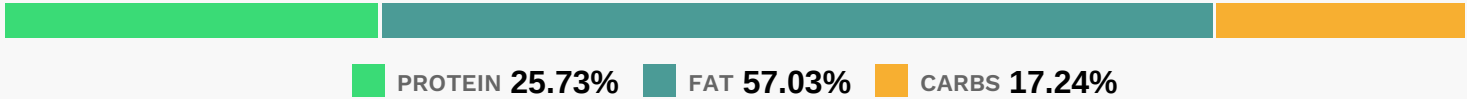
- ☐ 2.5 ounces chèvre
- ☐ 8 ounces grape green
- ☐ 20 servings fresh-ground pepper

Equipment

Directions

- ☐ Stem 8 ounces Green Grape or other cherry tomatoes; cut in half lengthwise. If needed, trim a little off rounded side so tomatoes sit stably. Mound about 1/2 teaspoon chvre (fresh goat cheese; you'll need about 2 1/2 oz. total) on each cut side.
- ☐ Sprinkle with fresh-ground pepper to taste.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.77782609022182%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 11.65kcal (0.58%), Fat: 0.76g (1.17%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.31g (0.35%), Cholesterol: 1.63mg (0.54%), Sodium: 14.31mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Vitamin C: 2.59mg (3.13%), Vitamin A: 92.61IU (1.85%), Copper: 0.04mg (1.79%), Manganese: 0.03mg (1.41%), Phosphorus: 12.4mg (1.24%)