



Italian Stuffed Cherry Tomatoes

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 24 cherry tomatoes
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 1 tablespoon seasoning italian
- ☐ 2 tablespoons marinated artichoke finely chopped
- ☐ 0.3 cup parmesan grated
- ☐ 1 cup part-skim ricotta
- ☐ 2 tablespoons pepperoncini peppers finely chopped
- ☐ 2 tablespoons pinenuts

☐ 8 servings salt and pepper

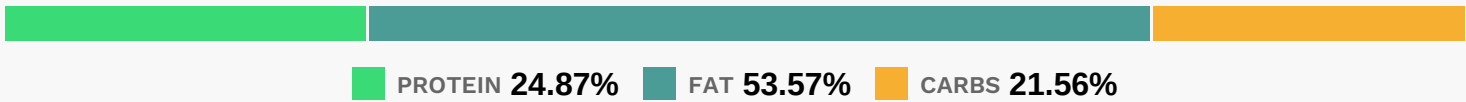
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ serrated knife

Directions

- ☐ Place nuts in a skillet over medium-low heat and toast, stirring, until light golden, 5 minutes.
- ☐ Remove from skillet; chop.
- ☐ Using a serrated knife, cut tomatoes in half. Hollow out insides with a spoon.
- ☐ Place tomatoes, cut sides down, on a plate lined with paper towels.
- ☐ In a bowl, mix ricotta, seasoning, Parmesan, artichokes, pepperoncini, basil and nuts. Season with salt and pepper. Cover and chill for 10 minutes.
- ☐ To stuff tomatoes, spoon filling into a ziplock bag. Snip off a corner and pipe filling into tomatoes.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:6.1917391367581%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 87.87kcal (4.39%), Fat: 5.4g (8.31%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 3.97g (1.44%), Sugar: 1.62g (1.8%), Cholesterol: 11.73mg (3.91%), Sodium: 302.97mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Vitamin C: 15.59mg (18.89%), Manganese: 0.32mg

(15.92%), Calcium: 139.57mg (13.96%), Phosphorus: 109.46mg (10.95%), Vitamin A: 480.1IU (9.6%), Vitamin K: 9.36µg (8.91%), Selenium: 6.19µg (8.85%), Potassium: 186.58mg (5.33%), Vitamin B2: 0.09mg (5.31%), Iron: 0.94mg (5.21%), Zinc: 0.76mg (5.1%), Magnesium: 19.53mg (4.88%), Vitamin E: 0.69mg (4.61%), Copper: 0.09mg (4.61%), Fiber: 0.92g (3.69%), Folate: 14.62µg (3.66%), Vitamin B6: 0.07mg (3.61%), Vitamin B1: 0.04mg (2.63%), Vitamin B3: 0.49mg (2.47%), Vitamin B12: 0.13µg (2.12%), Vitamin B5: 0.18mg (1.79%)