



Mexican Plum-Tomato Cups

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 medium plum tomatoes (Roma)
- 1 cup avocado pitted ripe peeled finely chopped
- 0.5 cup cucumber finely chopped
- 1 medium jalapeno seeded finely chopped
- 3 tablespoons cilantro leaves fresh chopped
- 2 tablespoons juice of lime
- 0.5 teaspoon salt
- 0.5 cup cream sour

- 2 teaspoons whipping cream
- 0.5 teaspoon lime zest grated
- 0.5 teaspoon salt

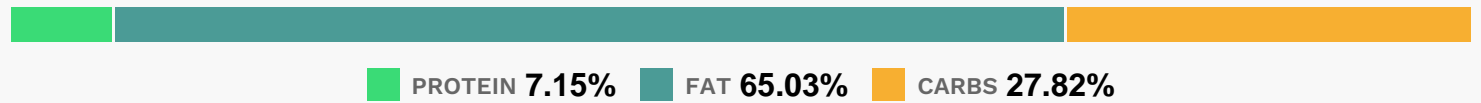
Equipment

- bowl

Directions

- Cut each tomato in half crosswise. Using teaspoon, scoop out seeds and pulp from each tomato half, leaving enough tomato for a firm shell. If necessary, cut small slice from bottom so tomato half stands upright.
- In medium bowl, mix remaining tomato cup ingredients. In small bowl, mix topping ingredients. Spoon about 1 tablespoon avocado mixture into each tomato shell. Top each with about 1 teaspoon topping.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:2.2486956406223%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 31.67kcal (1.58%), Fat: 2.47g (3.8%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.45g (0.53%), Sugar: 1.18g (1.31%), Cholesterol: 3.96mg (1.32%), Sodium: 120.41mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 6.47mg (7.84%), Vitamin A: 327.12IU (6.54%),

Vitamin K: 4.69µg (4.47%), Fiber: 0.93g (3.71%), Potassium: 125.91mg (3.6%), Folate: 11.94µg (2.98%), Vitamin B6: 0.05mg (2.6%), Manganese: 0.05mg (2.53%), Vitamin E: 0.38mg (2.53%), Copper: 0.04mg (1.85%), Magnesium: 6.84mg (1.71%), Phosphorus: 17.13mg (1.71%), Vitamin B3: 0.33mg (1.67%), Vitamin B5: 0.16mg (1.65%), Vitamin B2: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.3%), Calcium: 11.03mg (1.1%)