



Mozzarella-Stuffed Cherry Tomatoes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 24 small basil
- ☐ 24 cherry tomatoes
- ☐ 2 ounces mozzarella fresh cut into 24 pieces
- ☐ 1.5 tablespoons salad dressing italian
- ☐ 8 servings salt and pepper

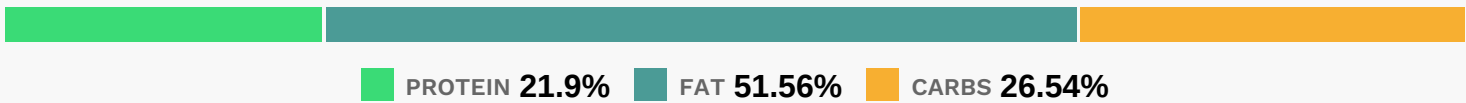
Equipment

- ☐ baking sheet
- ☐ aluminum foil

Directions

- ☐ Line a baking sheet with foil.
- ☐ Cut tops off tomatoes; hollow out with a small spoon.
- ☐ Sprinkle with salt and pepper. Turn tomatoes upside down on sheet; let stand for 10 minutes.
- ☐ Turn tomatoes right side up.
- ☐ Place a piece of mozzarella and a basil leaf in each.
- ☐ Drizzle dressing on top and serve.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:3.1234782545463%

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: 37.02kcal (1.85%), Fat: 2.2g (3.39%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.63g (1.81%), Cholesterol: 5.6mg (1.87%), Sodium: 269.95mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin C: 11.85mg (14.37%), Vitamin K: 8.04µg (7.66%), Vitamin A: 361.55IU (7.23%), Calcium: 43.99mg (4.4%), Phosphorus: 40.44mg (4.04%), Manganese: 0.07mg (3.54%), Potassium: 122.35mg (3.5%), Vitamin B12: 0.16µg (2.69%), Vitamin E: 0.37mg (2.44%), Iron: 0.42mg (2.36%), Vitamin B6: 0.05mg (2.32%), Copper: 0.04mg (2.21%), Selenium: 1.52µg (2.17%), Folate: 7.94µg (1.99%), Zinc: 0.29mg (1.94%), Vitamin B2: 0.03mg (1.89%), Magnesium: 6.91mg (1.73%), Fiber: 0.38g (1.5%), Vitamin B3: 0.29mg (1.46%), Vitamin B1: 0.02mg (1.43%)