



 **6%**
HEALTH SCORE

Pesto Tomatoes

 **Gluten Free**

READY IN



30 min.

SERVINGS



10

CALORIES



106 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 cup parmesan cheese grated
- 0.5 cup basil pesto homemade
- 10 small tomatoes ripe

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Slice tomatoes in half, and scoop out about a tablespoon of flesh from the center of each half. Fill pocket with pesto, and sprinkle generously with cheese.
- Place tomato halves in a well oiled baking dish.
- Bake in preheated oven until cheese is melted and bubbly, and slightly browned.
- Serve warm.

Nutrition Facts

PROTEIN 16.04% **FAT 62.71%** **CARBS 21.25%**

Properties

Glycemic Index:3.8, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:5.3078260927097%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 106.47kcal (5.32%), Fat: 7.57g (11.65%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.8g (3.11%), Cholesterol: 9.69mg (3.23%), Sodium: 295.49mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Vitamin A: 1094.51IU (21.89%), Vitamin C: 12.47mg (15.11%), Calcium: 117.46mg (11.75%), Phosphorus: 85.24mg (8.52%), Vitamin K: 7.36µg (7.01%), Potassium: 234.07mg (6.69%), Manganese: 0.11mg (5.61%), Fiber: 1.29g (5.16%), Selenium: 3.5µg (5%), Vitamin B6: 0.08mg (4.05%), Zinc: 0.59mg (3.92%), Vitamin E: 0.54mg (3.62%), Folate: 14.25µg (3.56%), Magnesium: 13.51mg (3.38%), Vitamin B2: 0.05mg (3.05%), Copper: 0.06mg (2.88%), Vitamin B3: 0.55mg (2.74%), Vitamin B1: 0.04mg (2.42%), Vitamin B12: 0.14µg (2.25%), Iron: 0.36mg (2.01%), Vitamin B5: 0.11mg (1.13%)