



Stuffed Cherry Tomatoes



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 2 pints cherry tomatoes
- ☐ 8 slices bacon crumbled cooked
- ☐ 2 green onions finely chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 8 servings salt and pepper to taste

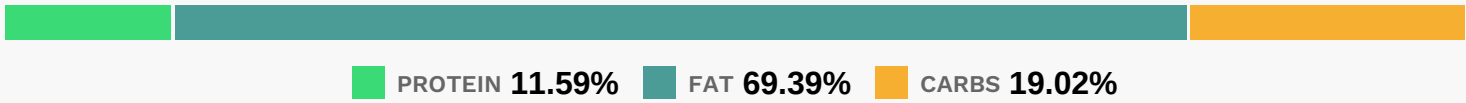
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ melon baller

Directions

- ☐ Cut a small slice from the top of each tomato; scoop out pulp with a small spoon or melon baller, and discard pulp.
- ☐ Place tomatoes, cut sides down, on paper towels, and let drain 15 minutes.
- ☐ Meanwhile, combine avocado and lemon juice in a small bowl, stirring gently; drain. Stir together mayonnaise, bacon, and green onions; add avocado mixture, and stir gently until combined.
- ☐ Spoon avocado mixture evenly into tomato shells. Cover with plastic wrap, and chill 1 hour.
- ☐ Sprinkle with salt and pepper to taste just before serving.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:8.8856520834176%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 147.63kcal (7.38%), Fat: 11.87g (18.27%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.24g (3.6%), Cholesterol: 10.86mg (3.62%), Sodium: 387.9mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.93%), Vitamin C: 30.29mg (36.71%), Vitamin K: 26.21µg

(24.96%), Vitamin A: 652.6IU (13.05%), Potassium: 430.02mg (12.29%), Fiber: 2.59g (10.37%), Vitamin B6: 0.2mg (10.18%), Vitamin E: 1.46mg (9.75%), Vitamin B3: 1.92mg (9.61%), Folate: 38.12µg (9.53%), Manganese: 0.17mg (8.38%), Phosphorus: 79.86mg (7.99%), Copper: 0.15mg (7.45%), Vitamin B1: 0.11mg (7.11%), Selenium: 4.93µg (7.04%), Vitamin B5: 0.61mg (6.06%), Iron: 1.08mg (6%), Magnesium: 21.13mg (5.28%), Vitamin B2: 0.08mg (4.77%), Zinc: 0.59mg (3.96%), Calcium: 19.78mg (1.98%), Vitamin B12: 0.1µg (1.59%)