



Stuffed Cherry Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



26 kcal

SIDE DISH

Ingredients

- ☐ 2 ounce canadian bacon finely chopped
- ☐ 20 large cherry tomatoes
- ☐ 0.1 teaspoon garlic powder
- ☐ 3 tablespoons green onions minced
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.1 teaspoon hot sauce
- ☐ 0.5 cup cream cheese light softened
- ☐ 2 tablespoons ranch dressing reduced-fat

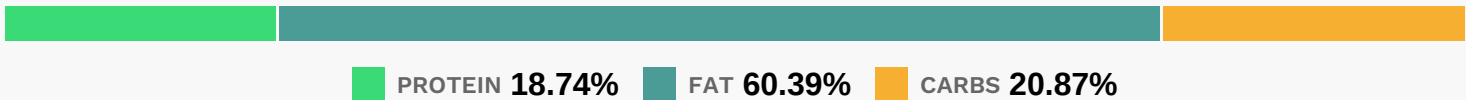
Equipment

☐ paper towels

Directions

- ☐ Cut top off each tomato; carefully scoop out pulp. Reserve pulp for another use. Invert tomato shells onto paper towels; let drain 30 minutes.
- ☐ Combine cream cheese and dressing, stirring well.
- ☐ Add Canadian bacon and next 4 ingredients; stir. Spoon mixture evenly into tomato shells, or pipe into shells using a decorating bag fitted with a large round tip.
- ☐ Garnish with parsley, if desired.
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.5130434710047%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 26.45kcal (1.32%), Fat: 1.8g (2.78%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.25g (0.46%), Sugar: 0.86g (0.96%), Cholesterol: 5.05mg (1.68%), Sodium: 63.37mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin C: 4.07mg (4.93%), Vitamin K: 4.42µg (4.21%), Vitamin A: 125.83IU (2.52%), Phosphorus: 24.02mg (2.4%), Vitamin B1: 0.03mg (2.04%), Potassium: 65.35mg (1.87%), Selenium: 1.1µg (1.57%), Vitamin B6: 0.03mg (1.43%), Vitamin B3: 0.28mg (1.4%), Vitamin B12: 0.08µg (1.28%), Vitamin B2: 0.02mg (1.28%), Calcium: 12.13mg (1.21%), Manganese: 0.02mg (1.13%), Vitamin E: 0.16mg (1.04%), Folate: 4.11µg (1.03%)