



Tomatoes Stuffed with Fresh Mozzarella and Basil



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 tablespoons basil fresh coarsely chopped
- ☐ 6 basil fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon sherry vinegar
- ☐ 6 medium tomatoes with stems still attached

☐ 14 ounce water-packed tuna fresh drained cut into 1/4-inch cubes

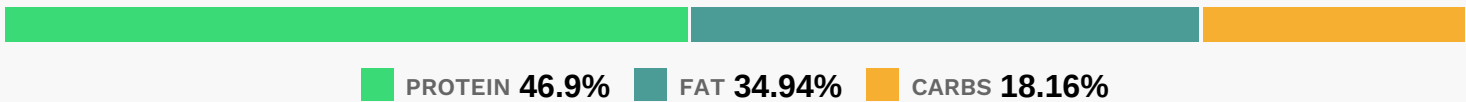
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Blend all ingredients in blender until basil is very finely chopped and vinaigrette is thick; season to taste with salt and pepper. (Can be made 6 hours ahead. Cover and chill.)
- ☐ Cut small skin-deep X on end opposite stem of each tomato. Drop tomatoes into saucepan of boiling water; cook 30 seconds. Using slotted spoon, transfer tomatoes to plate. Starting at X, peel skin off tomatoes.
- ☐ Cut 1/3 to 1/2 inch off end opposite stem of each tomato. Using small spoon, scoop out insides of tomatoes, leaving shells intact.
- ☐ Mix cubed mozzarella cheese and chopped basil in medium bowl. Divide cheese mixture among tomato shells, packing gently. (Can be made 2 hours ahead. Cover tomatoes and chill. Bring to room temperature before continuing.)
- ☐ Invert 1 filled tomato on each plate.
- ☐ Pour vinaigrette into 6 shot glasses.
- ☐ Place 1 shot glass next to each tomato.
- ☐ Garnish each tomato with basil leaf.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:13.357826191446%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 116.81kcal (5.84%), Fat: 4.57g (7.03%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 3.73g (1.36%), Sugar: 3.4g (3.78%), Cholesterol: 23.81mg (7.94%), Sodium: 178.87mg (7.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.61%), Selenium: 45.71µg (65.3%), Vitamin B3: 7.32mg (36.6%), Vitamin B12: 1.7µg (28.33%), Vitamin C: 18.97mg (22.99%), Vitamin A: 1111.84IU (22.24%), Vitamin B6: 0.32mg (15.77%), Vitamin K: 15.79µg (15.04%), Phosphorus: 123.95mg (12.39%), Potassium: 420.5mg (12.01%), Vitamin E: 1.42mg (9.5%), Manganese: 0.18mg (8.76%), Iron: 1.54mg (8.56%), Magnesium: 30.92mg (7.73%), Fiber: 1.61g (6.45%), Folate: 22.88µg (5.72%), Copper: 0.11mg (5.53%), Vitamin D: 0.79µg (5.29%), Vitamin B1: 0.07mg (4.77%), Vitamin B2: 0.08mg (4.75%), Zinc: 0.67mg (4.48%), Calcium: 27.86mg (2.79%), Vitamin B5: 0.22mg (2.23%)