



Tomatoes Stuffed with Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 3 firm-ripe california avocados
- ☐ 6 servings garnish: cilantro sprigs fresh
- ☐ 0.5 teaspoon cilantro leaves fresh finely chopped
- ☐ 6 servings accompaniment: iceberg lettuce shredded
- ☐ 2 teaspoons jalapeño chile fresh minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons onion finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 12 small tomatoes () (not plum tomatoes)

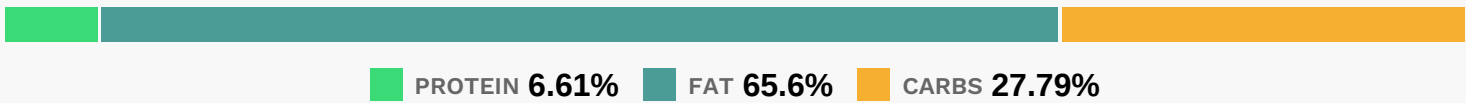
Equipment

- ☐ bowl

Directions

- ☐ Cut a thin slice from stem end of each tomato and scoop out and discard seeds with a small spoon. Carefully scoop out pulp to form a tomato shell, then finely chop pulp.
- ☐ Drizzle inside of each tomato shell with oil and lime juice and let stand at room temperature while making guacamole.
- ☐ Pit and peel avocados and coarsely mash with a fork in a bowl. Fold in chopped tomato pulp, onion, cilantro, chile, and salt, then spoon into tomato shells, mounding guacamole.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:16.880000000415%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 218.67kcal (10.93%), Fat: 17.49g (26.91%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 16.67g (5.56%),
Net Carbohydrates: 7.27g (2.64%), Sugar: 5.93g (6.59%), Cholesterol: 0mg (0%), Sodium: 216.25mg (9.4%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Vitamin K: 54.43µg (51.84%), Vitamin C: 32.53mg
(39.43%), Fiber: 9.41g (37.62%), Vitamin A: 1653.02IU (33.06%), Folate: 127.22µg (31.8%), Potassium: 919.35mg
(26.27%), Vitamin E: 3.31mg (22.1%), Vitamin B6: 0.41mg (20.35%), Manganese: 0.4mg (20.13%), Vitamin B5: 1.6mg
(16%), Copper: 0.29mg (14.47%), Vitamin B3: 2.62mg (13.12%), Magnesium: 49.83mg (12.46%), Vitamin B2: 0.18mg
(10.53%), Vitamin B1: 0.15mg (10.17%), Phosphorus: 101.62mg (10.16%), Iron: 1.28mg (7.13%), Zinc: 1mg (6.66%),
Calcium: 42.01mg (4.2%)