



Tomatoes with Feta Cheese

 Vegetarian  Gluten Free

READY IN



14 min.

SERVINGS



1

CALORIES



154 kcal

SIDE DISH

Ingredients

- 2 medium tomatoes
- 1 serving salt and pepper to taste
- 1 ounce mozzarella cheese shredded crumbled
- 2 tablespoons olives pitted ripe chopped
- 1 tablespoon spring onion chopped

Equipment

- microwave

Directions

- Remove stem ends from tomatoes.
- Cut tomatoes crosswise in half. Arrange cut sides up in circle in microwavable pie plate, 10x1 1/2 inches, or microwavable dinner plate.
- Sprinkle salt and pepper over tomatoes. Cover with waxed paper and microwave on High 2 minutes; rotate pie plate 1/2 turn.
- Mix remaining ingredients; sprinkle over tomatoes. Re-cover and microwave about 2 minutes or until tomatoes are hot and cheese is melted.

Nutrition Facts

PROTEIN 21.35% **FAT 51.13%** **CARBS 27.52%**

Properties

Glycemic Index:97, Glycemic Load:2.77, Inflammation Score:-9, Nutrition Score:13.6039131517%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 154.45kcal (7.72%), Fat: 9.29g (14.29%), Saturated Fat: 4.12g (25.78%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 7.61g (2.77%), Sugar: 6.99g (7.76%), Cholesterol: 22.4mg (7.47%), Sodium: 634.4mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.45%), Vitamin A: 2363.52IU (47.27%), Vitamin C: 34.83mg (42.22%), Vitamin K: 32.73µg (31.17%), Calcium: 180.53mg (18.05%), Potassium: 627.89mg (17.94%), Phosphorus: 162.26mg (16.23%), Manganese: 0.3mg (14.95%), Fiber: 3.64g (14.54%), Vitamin E: 2.02mg (13.5%), Vitamin B6: 0.22mg (10.8%), Folate: 43.2µg (10.8%), Vitamin B12: 0.65µg (10.77%), Magnesium: 35.69mg (8.92%), Copper: 0.17mg (8.63%), Zinc: 1.28mg (8.51%), Vitamin B2: 0.13mg (7.82%), Vitamin B3: 1.56mg (7.8%), Selenium: 5µg (7.14%), Vitamin B1: 0.11mg (7.08%), Iron: 0.96mg (5.32%), Vitamin B5: 0.27mg (2.67%)