



Tuna-Stuffed Tomatoes

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



15

CALORIES



39 kcal

SIDE DISH

Ingredients

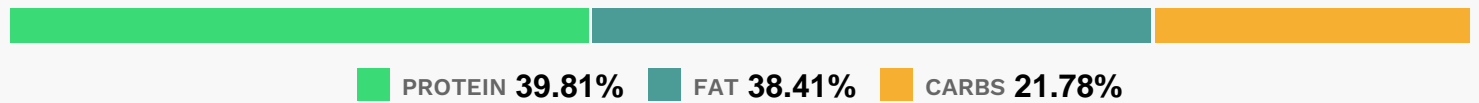
- 0.3 cup olives black chopped
- 1 stalk celery finely chopped
- 2 Tbsp cilantro leaves fresh chopped
- 2 lemon zest
- 2 Tbsp onions red finely chopped
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 4 tomatoes
- 10 oz tuna in water white flaked drained canned

Equipment

Directions

- Combine all ingredients except tomatoes.
- Starting at top of tomato, partially cut each tomato into wedges, being careful to not cut all the way through to bottom of tomato.
- Fill tomatoes with tuna mixture.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:3.9708695308022%

Flavonoids

Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 39.32kcal (1.97%), Fat: 1.7g (2.62%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.55g (0.56%), Sugar: 1.18g (1.31%), Cholesterol: 7.6mg (2.53%), Sodium: 121.56mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Selenium: 12.99µg (18.55%), Vitamin B3: 2.09mg (10.45%), Vitamin B12: 0.49µg (8.1%), Vitamin C: 5.72mg (6.93%), Vitamin A: 312.32IU (6.25%), Vitamin K: 6.29µg (5.99%), Vitamin B6: 0.09mg (4.63%), Phosphorus: 35.75mg (3.57%), Potassium: 123.93mg (3.54%), Vitamin E: 0.44mg (2.97%), Fiber: 0.62g (2.48%), Iron: 0.44mg (2.43%), Manganese: 0.05mg (2.3%), Magnesium: 8.86mg (2.22%), Folate: 7.29µg (1.82%), Copper: 0.03mg (1.72%), Vitamin D: 0.23µg (1.51%), Vitamin B2: 0.02mg (1.44%), Vitamin B1: 0.02mg (1.36%), Zinc: 0.19mg (1.29%), Calcium: 10.63mg (1.06%)