

Pimento Cheese Stuffed Tomatoes

Dash Magazine - September, 2013
dashrecipes.com

Servings: 12

12 large cherry tomatoes
1/4 cup pimento cheese (see recipe
under appetizers/cold)
1 thin slice celery
freshly ground pepper

Slice the tops from the cherry tomatoes. Scrape out the seeds and ribs with a spoon.

Fill each tomato with about one teaspoon of pimento cheese.

Top each tomato with a slice of celery and pepper, if desired.

Per Serving (excluding unknown items): 4 Calories; trace Fat (10.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	4	Vitamin B6 (mg):	trace
% Calories from Fat:	10.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	75.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	13.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	4mg	Vegetable:	0
Potassium (mg):	47mg	Fruit:	0
Calcium (mg):	2mg	Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 110IU
Vitamin A (r.e.): 11RE

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 4 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	1%
Protein	trace	

Vitamin A		2%
Vitamin C		6%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*