

Bacon-Stuffed Tomatoes

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1/2 cup crumbled blue cheese
 2 tablespoons cream cheese, softened
 1 tablespoon milk
 3 slices bacon, cooked and chopped
 1 pint hollowed-out cherry tomatoes

In a bowl, mix the blue cheese, cream cheese, milk and chopped bacon.

Stuff the mixture into the hollowed-out cherry tomatoes.

Per Serving (excluding unknown items): 458 Calories; 39g Fat (77.3% calories from fat); 23g Protein; 3g Carbohydrate; 0g Dietary Fiber; 101mg Cholesterol; 1338mg Sodium. Exchanges: 3 Lean Meat; 0 Non-Fat Milk; 6 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	458	Vitamin B6 (mg):	.2mg
% Calories from Fat:	77.3%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	2.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	20.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	39g	Folacin (mcg):	30mcg
Saturated Fat (g):	23g	Niacin (mg):	2mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	101mg	% Refuse:	0.0%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	23g	Lean Meat:	3
Sodium (mg):	1338mg	Vegetable:	0
Potassium (mg):	323mg	Fruit:	0
Calcium (mg):	400mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	6
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	920IU		

Vitamin A (r.e.):

276 1/2RE

Nutrition Facts

Amount Per Serving

Calories 458 Calories from Fat: 354

% Daily Values*

Total Fat	39g	61%
Saturated Fat	23g	113%
Cholesterol	101mg	34%
Sodium	1338mg	56%
Total Carbohydrates	3g	1%
Dietary Fiber	0g	0%
Protein	23g	
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Vitamin A		18%
Vitamin C		11%
Calcium		40%
Iron		5%

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