



Baked Cherry Tomatoes with Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



13 kcal

SIDE DISH

Ingredients



1 pint cherry tomatoes



4 cloves garlic

Equipment



baking sheet

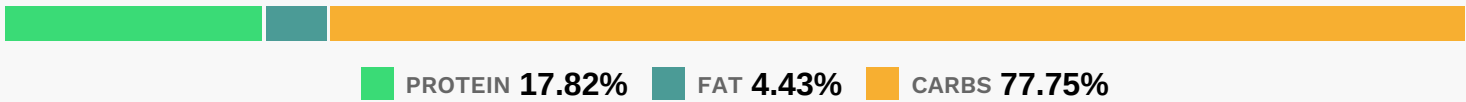


oven

Directions

- ☐
- Preheat oven to 350 degrees F (175 degrees C).
- ☐
- Cut a slit in one side of the cherry tomatoes, and insert a sliver of garlic into each. Arrange tomatoes in a single layer on a baking sheet.
- ☐
- Drizzle with olive oil and sprinkle with salt.
- ☐
- Bake tomatoes about 20 minutes in the preheated oven, until slightly shriveled.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:2.4839130432709%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 12.88kcal (0.64%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 6.76mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.31%), Vitamin C: 13.95mg (16.91%), Vitamin A: 289.36IU (5.79%), Manganese: 0.09mg (4.36%), Potassium: 134.96mg (3.86%), Vitamin B6: 0.07mg (3.27%), Copper: 0.05mg (2.44%), Iron: 0.43mg (2.38%), Vitamin E: 0.33mg (2.22%), Folate: 7.73µg (1.93%), Phosphorus: 18.86mg (1.89%), Fiber: 0.45g (1.78%), Vitamin B3: 0.33mg (1.63%), Vitamin B1: 0.02mg (1.62%), Vitamin K: 1.68µg (1.6%), Magnesium: 5.7mg (1.42%)