



WHATSheATE



Baked Garden Tomatoes with Cheese



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons chives fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 1.8 pounds heirloom tomatoes fresh cut into 1/2-inch pieces
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 cup parmesan cheese packed freshly grated ()
- ☐ 1 cup romano cheese packed freshly grated ()

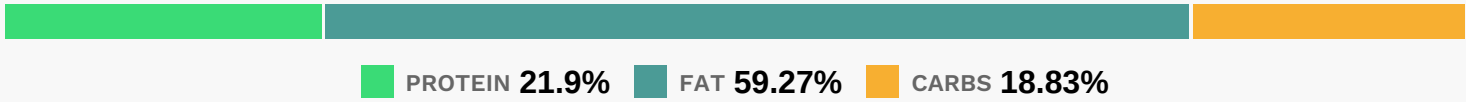
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Oil 11x7-inch baking dish.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add garlic and sauté until fragrant, about 30 seconds.
- ☐ Add onion and sauté until soft, about 6 minutes.
- ☐ Add tomatoes, reduce heat to medium-low, and cook until beginning to soften, about 5 minutes.
- ☐ Mix in chives; season with salt and pepper.
- ☐ Transfer tomato mixture to prepared baking dish; sprinkle grated cheeses over.
- ☐ Bake until cheese melts and begins to turn golden, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:11.053478360176%

Flavonoids

Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 209.75kcal (10.49%), Fat: 14.12g (21.73%), Saturated Fat: 6.13g (38.3%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 8.12g (2.95%), Sugar: 4.43g (4.93%), Cholesterol: 31.83mg (10.61%), Sodium: 499.41mg (21.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.49%), Calcium: 346.25mg (34.63%), Vitamin A: 1381.17IU (27.62%), Phosphorus: 272.57mg (27.26%), Vitamin C: 20.82mg (25.24%), Vitamin K: 17.2µg (16.39%), Selenium: 8.57µg (12.24%), Potassium: 395.81mg (11.31%), Manganese: 0.22mg (11.13%), Vitamin E: 1.52mg (10.12%),

Zinc: 1.43mg (9.56%), Vitamin B2: 0.15mg (8.98%), Vitamin B6: 0.18mg (8.81%), Fiber: 1.97g (7.87%), Magnesium: 30.06mg (7.51%), Vitamin B12: 0.41µg (6.86%), Folate: 27.11µg (6.78%), Copper: 0.1mg (5.19%), Vitamin B1: 0.07mg (4.81%), Vitamin B3: 0.85mg (4.27%), Iron: 0.67mg (3.75%), Vitamin B5: 0.28mg (2.79%), Vitamin D: 0.17µg (1.11%)