



WHATSheATE



Baked Ricotta with Maple-Roasted Tomatoes



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



3

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pint cherry tomatoes rinsed
- ☐ 1 tablespoon mirin sweet dry
- ☐ 1 eggs
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 4 ounces goat cheese fresh softened room temperature
- ☐ 3 servings pepper black freshly ground
- ☐ 2 tablespoons maple syrup

- ☐ 1 tablespoon olive oil divided
- ☐ 1 pound ricotta cheese drained (see note above)

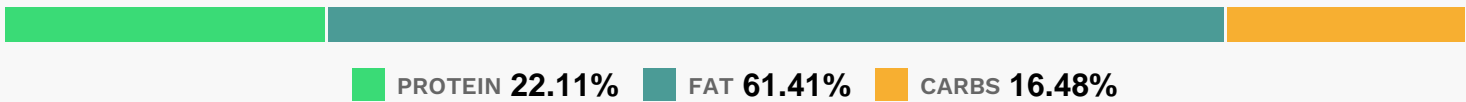
Equipment

- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Adjust oven racks to upper and lower middle positions and preheat oven to 375°F.
- ☐ Place tomatoes in an oven-safe baking dish and add maple syrup, vermouth, half of rosemary, half of thyme, and salt and pepper to taste. Stir to combine. Set aside.
- ☐ Combine drained ricotta, goat cheese, egg, remaining rosemary and thyme, and salt and pepper to taste.
- ☐ Mix with a rubber spatula or wooden spoon to combine.
- ☐ Brush a small gratin dish with 2 teaspoons olive oil and add ricotta mixture, using a spatula to smooth the top.
- ☐ Drizzle with remaining teaspoon of olive oil.
- ☐ Place ricotta on top rack and tomatoes on lower rack and bake until tomatoes have burst and the liquid around them has reduced to a syrup, and ricotta mixture is lightly browned, about 40 minutes total, rotating both pans front to back half way through cooking.
- ☐ Remove cheese from oven and let cool slightly, about 5 minutes. Stir tomatoes to break them up and combine them with the sauce, pour over the baked ricotta, and serve.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:4.56, Inflammation Score:-9, Nutrition Score:19.727391242981%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 494.46kcal (24.72%), Fat: 33.84g (52.07%), Saturated Fat: 19.18g (119.9%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 19.2g (6.98%), Sugar: 12.72g (14.13%), Cholesterol: 149.06mg (49.69%), Sodium: 305.67mg (13.29%), Alcohol: 0.47g (100%), Alcohol %: 0.16% (100%), Protein: 27.42g (54.85%), Vitamin C: 37.04mg (44.89%), Vitamin B2: 0.71mg (41.94%), Phosphorus: 409.75mg (40.97%), Calcium: 409.29mg (40.93%), Selenium: 28.28µg (40.4%), Vitamin A: 1946.97IU (38.94%), Manganese: 0.55mg (27.39%), Copper: 0.44mg (22.12%), Zinc: 2.62mg (17.46%), Potassium: 568.32mg (16.24%), Vitamin B6: 0.31mg (15.59%), Iron: 2.79mg (15.51%), Vitamin E: 1.94mg (12.96%), Folate: 50.43µg (12.61%), Vitamin B12: 0.72µg (11.94%), Magnesium: 42.7mg (10.68%), Vitamin B5: 1.01mg (10.12%), Vitamin K: 9.78µg (9.31%), Vitamin B1: 0.12mg (7.87%), Vitamin B3: 1.19mg (5.97%), Vitamin D: 0.75µg (4.98%), Fiber: 1.23g (4.91%)