



Baked Ricotta with Roasted Garlic and Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 4 servings basil
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 garlic clove sliced
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons olive oil
- ☐ 6 ounces part-skim ricotta
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 0.3 sourdough bread
- ☐ 2 medium tomatoes cubed

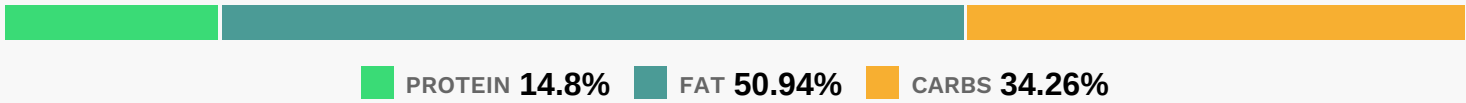
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Slice sourdough loaf into batons, brush with 2 teaspoons olive oil, and sprinkle with salt and pepper.
- ☐ Bake 8–9 minutes.
- ☐ Heat 2 tablespoons olive oil in a small cast iron pan over medium heat for 2–3 minutes.
- ☐ Add garlic to pan and cook until bubbling and fragrant, about one minute more.
- ☐ Place ricotta in the pan, transfer to oven, and bake until bubbly (9–10 minutes).
- ☐ Remove. Toss cubed tomatoes with crushed red pepper; spoon over ricotta.
- ☐ Sprinkle with basil leaves and serve with toasted bread.

Nutrition Facts



Properties

Glycemic Index:62.63, Glycemic Load:12.13, Inflammation Score:-6, Nutrition Score:9.7882609276668%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 230.04kcal (11.5%), Fat: 13.23g (20.36%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 18.48g (6.72%), Sugar: 3.1g (3.44%), Cholesterol: 13.18mg (4.39%), Sodium: 376.65mg (16.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Selenium: 15.48µg (22.11%), Vitamin K: 19.57µg (18.63%), Vitamin A: 856.03IU (17.12%), Vitamin B1: 0.24mg (15.81%), Manganese: 0.29mg (14.57%), Calcium: 144.35mg (14.44%), Folate: 51.07µg (12.77%), Vitamin B2: 0.22mg (12.76%), Phosphorus: 126.67mg (12.67%), Vitamin E: 1.83mg (12.21%), Vitamin C: 9.26mg (11.22%), Iron: 1.66mg (9.2%), Vitamin B3: 1.82mg (9.11%), Potassium: 250.61mg (7.16%), Zinc: 1.01mg (6.77%), Fiber: 1.54g (6.17%), Magnesium: 24.45mg (6.11%), Vitamin B6: 0.12mg (5.76%), Copper: 0.11mg (5.51%), Vitamin B5: 0.27mg (2.69%), Vitamin B12: 0.12µg (2.06%)