

Baked Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



35 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil fresh shredded
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons green onions chopped
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon romano cheese freshly grated
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon sugar

☐

2 small tomatoes cut into 1/2-inch-thick slices

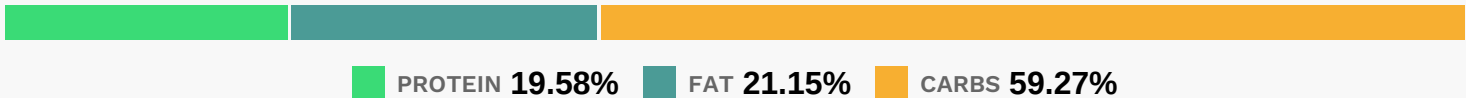
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Arrange tomato slices in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- ☐ Sprinkle tomato with green onions and next 4 ingredients.
- ☐ Bake at 350 for 10 minutes.
- ☐ Remove from oven, and sprinkle with cheese, basil, and oregano.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:152.05, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:6.1286956894657%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 35.33kcal (1.77%), Fat: 0.93g (1.43%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.11g (1.49%), Sugar: 3.11g (3.46%), Cholesterol: 2.6mg (0.87%), Sodium: 181.43mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Vitamin K: 30.26µg (28.82%), Vitamin A: 898.8IU (17.98%), Vitamin C: 14.27mg (17.29%), Manganese: 0.22mg (10.83%), Potassium: 257.65mg (7.36%), Fiber: 1.75g (7.01%), Calcium: 61.12mg (6.11%), Vitamin B6: 0.11mg (5.48%), Folate: 20.78µg (5.2%), Vitamin E: 0.72mg (4.82%), Phosphorus: 47.59mg (4.76%), Iron: 0.79mg (4.4%), Magnesium: 16.17mg (4.04%), Copper: 0.08mg (3.79%), Vitamin B3: 0.64mg (3.21%), Vitamin B1: 0.04mg (2.88%), Vitamin B2: 0.04mg (2.31%), Zinc: 0.3mg (1.98%), Vitamin B5: 0.12mg (1.18%)