



Baked Tomatoes Tapenade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



70 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 teaspoons capers
- ☐ 1 garlic clove minced
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 0.5 teaspoon juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 20 ounce tomatoes sliced in half horizontally

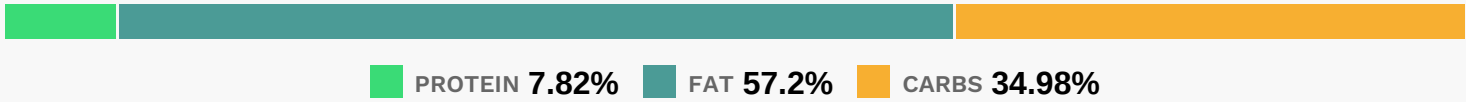
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients. Arrange tomato halves on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 6 minutes.
- ☐ Remove from oven. Top evenly with olive mixture.
- ☐ Bake at 400 for 6 minutes.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.63, Inflammation Score:-7, Nutrition Score:6.3226086264071%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 70.25kcal (3.51%), Fat: 4.88g (7.51%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 4.41g (1.6%), Sugar: 4.03g (4.48%), Cholesterol: 0mg (0%), Sodium: 298.49mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin A: 1248.56IU (24.97%), Vitamin C: 19.94mg (24.17%), Vitamin K: 12.9µg (12.28%), Vitamin E: 1.71mg (11.38%), Potassium: 348.5mg (9.96%), Fiber: 2.31g (9.23%), Manganese: 0.18mg (8.83%), Vitamin B6: 0.13mg (6.42%), Folate: 22.15µg (5.54%), Copper: 0.11mg (5.51%), Magnesium: 18.15mg (4.54%), Vitamin B3: 0.89mg (4.47%), Vitamin B1: 0.06mg (3.85%), Phosphorus: 36.23mg (3.62%), Iron: 0.52mg (2.86%), Calcium: 25.1mg (2.51%), Vitamin B2: 0.03mg (1.79%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.14mg (1.36%)