



Baked Tomatoes with Crusty Bread



Vegetarian



Very Healthy

READY IN



60 min.

SERVINGS



8

CALORIES



1981 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 garlic cloves finely chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 tablespoon brown sugar light packed to taste
- ☐ 2 medium onions chopped
- ☐ 84 ounce juice reserved from tomatoes whole canned
- ☐ 0.8 stick butter unsalted divided

☐ 8 loaf sandwich bread such as a pullman white (1/4-inch-thick)

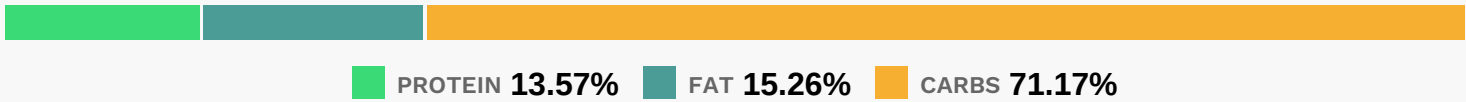
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 425°F with rack in middle. Butter a 3-quart baking dish (about 13 by 9 by 2 inches).
- ☐ Drain tomatoes, reserving 1 cup juice, then chop.
- ☐ Heat 2 tablespoons butter in a 5- to 6-quart heavy pot over medium-high heat until foam subsides, then cook onions with 1/2 teaspoon salt, stirring occasionally, until golden-brown, about 10 minutes.
- ☐ Add garlic, allspice, and cloves and cook, stirring, 1 minute.
- ☐ Stir in tomatoes with reserved juice, thyme, brown sugar, and 1/2 teaspoon pepper and briskly simmer, uncovered, stirring occasionally, until thickened, about 20 minutes.
- ☐ Meanwhile, melt remaining 1/2 stick butter and brush onto both sides of bread. Halve each slice.
- ☐ Transfer tomato mixture to baking dish and top with bread, overlapping slightly.
- ☐ Bake until bubbling and bread is crisp and golden-brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:239.12, Inflammation Score:-10, Nutrition Score:57.840869377489%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin:

0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 1980.89kcal (99.04%), Fat: 33.44g (51.44%), Saturated Fat: 11.1g (69.35%), Carbohydrates: 350.88g (116.96%), Net Carbohydrates: 331.72g (120.63%), Sugar: 46.03g (51.15%), Cholesterol: 22.78mg (7.59%), Sodium: 3672.26mg (159.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.9g (133.81%), Vitamin B1: 3.6mg (239.8%), Selenium: 158.43µg (226.33%), Manganese: 4.33mg (216.69%), Folate: 784.56µg (196.14%), Vitamin B3: 34.54mg (172.69%), Calcium: 1541.31mg (154.13%), Iron: 25.98mg (144.33%), Vitamin B2: 1.81mg (106.36%), Phosphorus: 837mg (83.7%), Fiber: 19.16g (76.65%), Magnesium: 220.03mg (55.01%), Copper: 1.07mg (53.27%), Vitamin B6: 1mg (50.01%), Zinc: 6.47mg (43.17%), Vitamin B5: 4.05mg (40.48%), Potassium: 1404.58mg (40.13%), Vitamin C: 30.03mg (36.4%), Vitamin E: 3.78mg (25.23%), Vitamin A: 625.4IU (12.51%), Vitamin K: 13.04µg (12.42%), Vitamin D: 0.16µg (1.06%)