



Broiled Tomato Halves



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 2 tomatoes halved

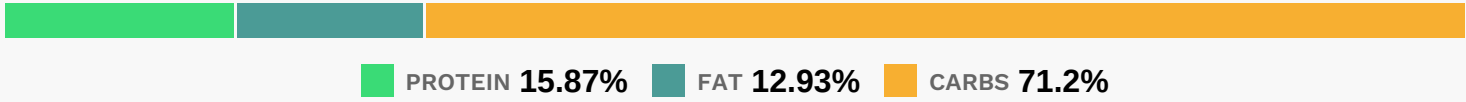
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Spread 1/2 teaspoon mustard on each tomato half; top each with 1 tablespoon breadcrumbs. Coat breadcrumbs with cooking spray.
- ☐ Place tomatoes on a rack in a broiler pan; broil 2 to 4 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:3.9543477892876%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 41.32kcal (2.07%), Fat: 0.62g (0.95%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 6.45g (2.34%), Sugar: 2.08g (2.31%), Cholesterol: 0.08mg (0.03%), Sodium: 130.77mg (5.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Vitamin A: 528.54IU (10.57%), Vitamin C: 8.64mg (10.47%), Vitamin K: 8.35µg (7.95%), Manganese: 0.15mg (7.72%), Vitamin B1: 0.1mg (6.64%), Fiber: 1.21g (4.85%), Potassium: 166.83mg (4.77%), Folate: 18.33µg (4.58%), Vitamin B3: 0.84mg (4.21%), Selenium: 2.7µg (3.86%), Iron: 0.57mg (3.19%), Vitamin B6: 0.06mg (3.19%), Phosphorus: 30.74mg (3.07%), Magnesium: 11.41mg (2.85%), Copper: 0.06mg (2.82%), Vitamin B2: 0.04mg (2.62%), Vitamin E: 0.36mg (2.4%), Calcium: 21.38mg (2.14%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.11mg (1.09%)