



Broiled Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



126 kcal

SIDE DISH

Ingredients

- 5 slices bacon halved
- 10 slices cheddar cheese
- 5 medium tomatoes halved

Equipment

- frying pan
- paper towels
- oven
- roasting pan

Directions

- Cook bacon in a heavy skillet over medium heat until partially cooked.
- Drain well on paper towels; set aside.
- Cut a thin slice from bottom of each tomato half so it will sit flat; place tomato halves in a shallow roasting pan. Broil 6 inches from heating element 10 minutes.
- Remove from heat, and place a slice of cheese on each tomato half; top with bacon pieces. Return to oven and broil an additional minute or until cheese melts and bacon is cooked.
- Serve immediately.

Nutrition Facts

PROTEIN 18.44% **FAT 72.33%** **CARBS 9.23%**

Properties

Glycemic Index:6.5, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:5.140869534534%

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: 126.3kcal (6.32%), Fat: 10.27g (15.8%), Saturated Fat: 4.74g (29.65%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.67g (1.86%), Cholesterol: 24.26mg (8.09%), Sodium: 187.07mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Vitamin A: 686.71IU (13.73%), Calcium: 126.89mg (12.69%), Phosphorus: 108.46mg (10.85%), Vitamin C: 8.43mg (10.21%), Selenium: 7.02µg (10.03%), Zinc: 0.86mg (5.72%), Vitamin B2: 0.1mg (5.62%), Potassium: 180.63mg (5.16%), Vitamin K: 5.27µg (5.02%), Vitamin B6: 0.09mg (4.51%), Vitamin B3: 0.82mg (4.08%), Vitamin B12: 0.24µg (3.92%), Vitamin B1: 0.06mg (3.87%), Manganese: 0.07mg (3.65%), Vitamin E: 0.51mg (3.38%), Folate: 12.8µg (3.2%), Magnesium: 12.68mg (3.17%), Fiber: 0.74g (2.95%), Copper: 0.05mg (2.33%), Vitamin B5: 0.19mg (1.86%), Iron: 0.24mg (1.32%)