



Broiled Tomatoes with Goat Cheese and Fennel Pollen



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce log mild goat cheese cut into 8 slices
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 small round tomatoes halved halved lengthwise
- ☐ 4 servings sea salt and pepper freshly ground

Equipment

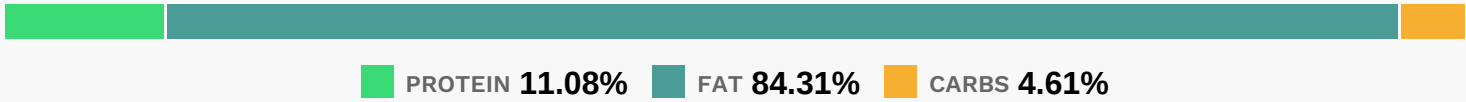
- ☐ oven
- ☐ broiler

- ☐ spatula
- ☐ broiler pan

Directions

- ☐ Preheat the broiler. Arrange the tomatoes, cut side up, in a broiler pan.
- ☐ Drizzle each tomato half with 1/2 teaspoon of the olive oil and season with salt and pepper. Broil for 3 to 4 minutes, or until sizzling and browned.
- ☐ Remove from the oven and top each tomato half with a slice of goat cheese, 1 teaspoon of olive oil and a pinch of fennel pollen. Broil for 3 to 4 minutes, or until the goat cheese is golden.
- ☐ Transfer the tomatoes to a platter with a spatula and serve warm.
- ☐ Serve With: Grilled country bread or grilled sausages, lamb chops or steak.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:5.6208696054376%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 205.34kcal (10.27%), Fat: 19.6g (30.15%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.67g (0.61%), Sugar: 1.88g (2.09%), Cholesterol: 13.04mg (4.35%), Sodium: 301.49mg (13.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.59%), Vitamin A: 809.31IU (16.19%), Vitamin E: 2.33mg (15.53%), Vitamin K: 13.54µg (12.89%), Copper: 0.24mg (12.21%), Vitamin C: 8.49mg (10.3%), Phosphorus: 87.45mg (8.75%), Vitamin B2: 0.12mg (7.03%), Vitamin B6: 0.12mg (6.02%), Manganese: 0.1mg (4.98%), Calcium: 46.14mg (4.61%), Potassium: 154.49mg (4.41%), Iron: 0.78mg (4.35%), Folate: 12.7µg (3.18%), Fiber: 0.74g (2.98%), Vitamin B1: 0.04mg (2.85%), Magnesium: 11.36mg (2.84%), Vitamin B5: 0.25mg (2.48%), Vitamin B3: 0.49mg (2.45%), Zinc: 0.37mg (2.44%), Selenium: 0.79µg (1.13%)