



Candied Tomatoes

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



30

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 allspice
- 12 inches cinnamon sticks
- 8 oz philadelphia cream cheese
- 8 strips orange zest (2x)
- 2 lb plum tomatoes halved lengthwise
- 1 cup raisins
- 4 cups sugar
- 1 tsp vanilla

2 cups water

Equipment

sauce pan

cheesecloth

Directions

Place cinnamon, cloves, allspice and orange zest on large piece of cheesecloth; tie into bundle.

Bring water to boil in large saucepan on high heat.

Add cheesecloth bundle, sugar and raisins. Reduce heat to medium.

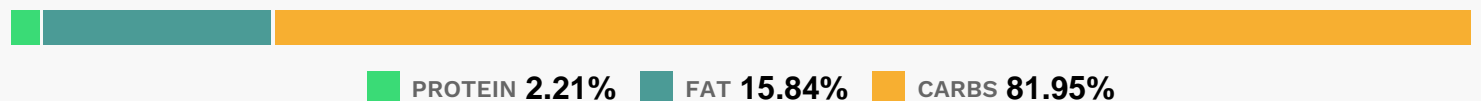
Add tomatoes; simmer 10 min.

Remove cheesecloth bundle; discard. Stir vanilla into tomato mixture.

Remove from heat; cool 5 min. Spoon into large serving dish or eight individual serving dishes; cover.

Refrigerate several hours or until chilled. Just before serving, cut cream cheese crosswise into 12 slices; cut each slice into 3 strips. Top each serving with 3 of the cream cheese strips.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:21.08, Inflammation Score:-3, Nutrition Score:2.1747826143451%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 150.6kcal (7.53%), Fat: 2.78g (4.28%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 31.43g (11.43%), Sugar: 27.72g (30.8%), Cholesterol: 7.64mg (2.55%), Sodium: 27.74mg (1.21%), Alcohol: 0.05g (100%), Alcohol %: 0.07% (100%), Protein: 0.87g (1.75%), Vitamin A: 355.87IU (7.12%), Manganese:

0.12mg (6.01%), Vitamin C: 4.79mg (5.81%), Fiber: 0.94g (3.75%), Potassium: 124.83mg (3.57%), Vitamin K: 2.67µg (2.55%), Vitamin B2: 0.04mg (2.21%), Copper: 0.04mg (2%), Vitamin B6: 0.04mg (1.94%), Phosphorus: 19.32mg (1.93%), Calcium: 17.08mg (1.71%), Vitamin E: 0.24mg (1.59%), Magnesium: 5.97mg (1.49%), Iron: 0.27mg (1.48%), Folate: 5.47µg (1.37%), Vitamin B1: 0.02mg (1.25%), Vitamin B3: 0.25mg (1.25%), Selenium: 0.85µg (1.22%)