



Candied Tomatoes with Basil Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



529 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoon butter room temperature
- ☐ 1 large eggs
- ☐ 1.5 cup flour
- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 0.5 cup greek yogurt
- ☐ 4 tablespoon honey divided
- ☐ 2 teaspoon juice of lemon
- ☐ 1 pinch salt

- ☐ 0.5 cup sugar
- ☐ 4 tablespoon caster sugar plus more for sprinkling
- ☐ 2 large tomatoes

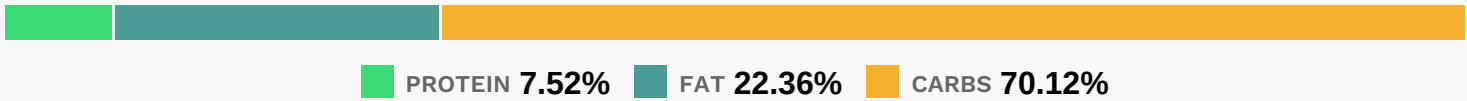
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Cookies:Finely chop basil and place in a food processor.
- ☐ Add lemon juice and mix until well blended.
- ☐ Pour into a bowl and whisk in the egg. In a separate bowl, mix flour, baking powder, and salt. In a third large bowl, cream butter and sugar together, then mix in the basil-egg mixture and flour mixture, until the dough forms. Shape in a ball, cover in plastic and chill in the refrigerator for a few hours. Preheat the oven to 325°F. Scoop tablespoonfuls of cookie dough and form into small rounds. Arrange on a baking sheet lined with parchment paper. Refrigerate for about 10 minutes. Then, bake for about 12–15 minutes. Tomatoes:Preheat the oven to 400°F.
- ☐ Cut tomatoes in half and arrange the tomato halves on a baking sheet. Mash butter with sugar and 2 tablespoons of honey to form a paste.
- ☐ Spread ¼ of the mixture on each of the 4 tomato halves.
- ☐ Sprinkle generously with additional sugar.

Nutrition Facts



Properties

Glycemic Index:106.36, Glycemic Load:61.71, Inflammation Score:-8, Nutrition Score:14.78826089009%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 528.73kcal (26.44%), Fat: 13.44g (20.68%), Saturated Fat: 7.72g (48.22%), Carbohydrates: 94.81g (31.6%), Net Carbohydrates: 92.3g (33.56%), Sugar: 57.64g (64.04%), Cholesterol: 77.85mg (25.95%), Sodium: 133.42mg (5.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.35%), Selenium: 22.75µg (32.51%), Vitamin K: 33.25µg (31.66%), Vitamin A: 1493.04IU (29.86%), Folate: 112.48µg (28.12%), Vitamin B1: 0.42mg (27.7%), Manganese: 0.52mg (25.83%), Vitamin B2: 0.4mg (23.58%), Vitamin C: 14.62mg (17.72%), Vitamin B3: 3.46mg (17.29%), Iron: 2.96mg (16.44%), Phosphorus: 138.98mg (13.9%), Potassium: 353.62mg (10.1%), Fiber: 2.5g (10.01%), Copper: 0.17mg (8.4%), Vitamin B6: 0.15mg (7.33%), Magnesium: 29.26mg (7.32%), Vitamin E: 1.03mg (6.87%), Calcium: 66.65mg (6.66%), Vitamin B5: 0.61mg (6.06%), Zinc: 0.89mg (5.93%), Vitamin B12: 0.31µg (5.17%), Vitamin D: 0.25µg (1.67%)