



Caramelized Onion, Green Bean, and Cherry Tomato Tian

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups cherry tomatoes halved
- ☐ 1 teaspoon basil dried
- ☐ 6 garlic cloves minced
- ☐ 5 cups cut green beans (1-inch) (1 pound)
- ☐ 3 cups onion thinly sliced

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar

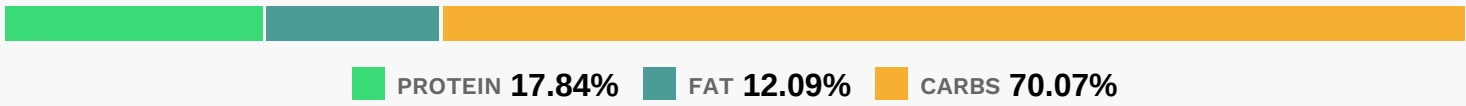
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Cook beans in boiling water 3 minutes.
- ☐ Drain and rinse under cold water; set aside.
- ☐ Heat a nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion and next 4 ingredients (onion through pepper); saute 8 minutes or until lightly browned, stirring frequently. Stir in vinegar, basil, and oregano; cook 2 minutes.
- ☐ Remove from heat.
- ☐ Arrange beans in an 11 x 7-inch baking dish coated with cooking spray. Top with onion mixture. Arrange tomatoes on top of onion mixture, and sprinkle with cheese.
- ☐ Bake at 400 for 35 minutes or until the cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:47.85, Glycemic Load:5.17, Inflammation Score:-8, Nutrition Score:13.719565105179%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg,

Isorhamnetin: 4.01mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg
Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 19.49mg, Quercetin: 19.49mg,
Quercetin: 19.49mg, Quercetin: 19.49mg

Nutrients (% of daily need)

Calories: 112.15kcal (5.61%), Fat: 1.65g (2.53%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 21.47g (7.16%), Net
Carbohydrates: 16.73g (6.08%), Sugar: 11.06g (12.29%), Cholesterol: 3.21mg (1.07%), Sodium: 291.04mg (12.65%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin C: 40.69mg (49.32%), Vitamin K:
46.68µg (44.46%), Manganese: 0.5mg (24.97%), Vitamin A: 1161.54IU (23.23%), Fiber: 4.75g (18.99%), Vitamin B6:
0.35mg (17.47%), Potassium: 556.77mg (15.91%), Folate: 59.71µg (14.93%), Calcium: 132.95mg (13.3%), Phosphorus:
125.08mg (12.51%), Iron: 2.14mg (11.87%), Magnesium: 45.11mg (11.28%), Vitamin B1: 0.16mg (10.41%), Vitamin B2:
0.16mg (9.47%), Copper: 0.19mg (9.34%), Vitamin E: 1.01mg (6.73%), Vitamin B3: 1.34mg (6.72%), Vitamin B5:
0.48mg (4.76%), Zinc: 0.68mg (4.55%), Selenium: 2.96µg (4.23%)