



Caramelized Tomato Salad with San Simón Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 slices baguette toasted
- ☐ 8 ounces san simón cheese cut into 1/3-inch cubes
- ☐ 1.8 pounds cherry tomatoes divided
- ☐ 1 sprigs chervil fresh (for garnish)
- ☐ 8 green onions thinly sliced
- ☐ 2 cups olive oil
- ☐ 0.3 cup sherry wine vinegar
- ☐ 0.5 cup sugar

☐ 2 large thyme sprigs fresh

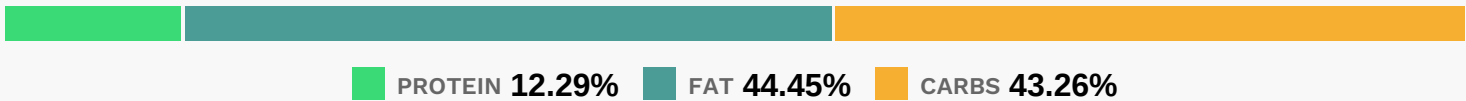
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 275°F.
- ☐ Place oil, 3/4 pound tomatoes, sugar, and thyme in 8 x 8 x 2-inch metal baking dish. Roast until tomatoes are very tender, about 2 1/2 hours. Cool caramelized tomatoes in oil. DO AHEAD: Can be made 2 days ahead; cover and chill. Bring to room temperature before continuing.
- ☐ Using slotted spoon, transfer tomatoes to large bowl.
- ☐ Transfer 1 cup oil from tomatoes to medium bowl (reserve any remaining oil for another use).
- ☐ Add vinegar to oil in medium bowl; whisk to blend. Season dressing with salt and pepper.
- ☐ Add 1 pound fresh tomatoes, cheese, and dressing to bowl with caramelized tomatoes; toss gently. Top with green onions and chervil.
- ☐ Serve with toasts.
- ☐ * San Simón cheese, a smoked cheese shaped like a bell, is sold at natural food stores, specialty food stores, and latienda.com. Smoked Gouda can be substituted.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:30.73, Glycemic Load:30.23, Inflammation Score:-8, Nutrition Score:16.649565214696%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 449.46kcal (22.47%), Fat: 22.37g (34.42%), Saturated Fat: 7.3g (45.64%), Carbohydrates: 49g (16.33%), Net Carbohydrates: 46.58g (16.94%), Sugar: 18.32g (20.36%), Cholesterol: 28.35mg (9.45%), Sodium: 595.13mg (25.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.83%), Vitamin K: 36.72µg (34.97%), Vitamin C: 25.45mg (30.85%), Calcium: 292.39mg (29.24%), Vitamin B1: 0.42mg (28.27%), Selenium: 19.75µg (28.21%), Folate: 95.81µg (23.95%), Phosphorus: 225.05mg (22.51%), Manganese: 0.44mg (21.89%), Vitamin B2: 0.37mg (21.6%), Iron: 3.34mg (18.56%), Vitamin A: 915.41IU (18.31%), Vitamin B3: 3.53mg (17.65%), Vitamin E: 2.58mg (17.17%), Zinc: 1.76mg (11.75%), Potassium: 368.23mg (10.52%), Fiber: 2.41g (9.66%), Magnesium: 36.75mg (9.19%), Copper: 0.18mg (8.78%), Vitamin B6: 0.17mg (8.75%), Vitamin B12: 0.3µg (5.01%), Vitamin B5: 0.5mg (4.97%), Vitamin D: 0.17µg (1.13%)