



Charred Heirloom Tomatoes with Fresh Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons thyme sprigs fresh divided
- ☐ 40 ounces heirloom tomatoes firm cored
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided ()
- ☐ 2 tablespoons oregano fresh divided

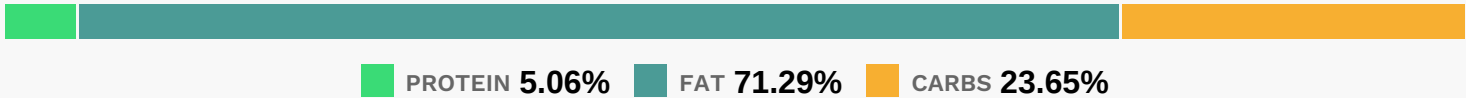
Equipment

- ☐ grill

Directions

- ☐ Arrange tomatoes, cut side up, on rimmedbaking sheet.
- ☐ Sprinkle with salt and pepper,then 1 1/2 tablespoons each oregano andthyme leaves.
- ☐ Drizzle with 3 tablespoons oil.DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush grill rack with oil.
- ☐ Place tomatoes,cut side up, on rack. Cook until bottoms arecharred, 3 to 4 minutes. Turn tomatoes overand grill just to sear, about 1 minute. Turncut side up onto platter.
- ☐ Sprinkle with 1/2tablespoon each oregano and thyme, thendrizzle with more oil, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:7.6547826094472%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 107.94kcal (5.4%), Fat: 9.12g (14.03%), Saturated Fat: 1.27g (7.97%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 4.33g (1.57%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 7.73mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Vitamin C: 22.25mg (26.97%), Vitamin A: 1285.16IU (25.7%), Vitamin K: 24.24µg (23.08%), Vitamin E: 2.25mg (15.02%), Manganese: 0.25mg (12.7%), Potassium: 362.44mg (10.36%), Fiber: 2.48g (9.91%), Iron: 1.2mg (6.65%), Vitamin B6: 0.13mg (6.63%), Folate: 25.01µg (6.25%), Magnesium: 21.77mg (5.44%), Copper: 0.1mg (5.06%), Vitamin B3: 0.93mg (4.66%), Calcium: 41.31mg (4.13%), Phosphorus: 37.72mg (3.77%), Vitamin B1: 0.06mg (3.7%), Vitamin B2: 0.04mg (2.46%), Zinc: 0.31mg (2.04%),

Vitamin B5: 0.14mg (1.45%)