



HEALTH SCORE

85%

Charred-Tomato Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients



2 tablespoons balsamic vinegar



1 teaspoon firmly brown sugar packed



4 basil leaves dried fresh rinsed (each 2 in. long)



0.5 teaspoon granulated sugar



2 tablespoons olive oil extra-virgin



4 servings bell pepper



2 tablespoons red wine vinegar



4 roma tomatoes (12 oz. total)

☐ 0.3 teaspoon salt

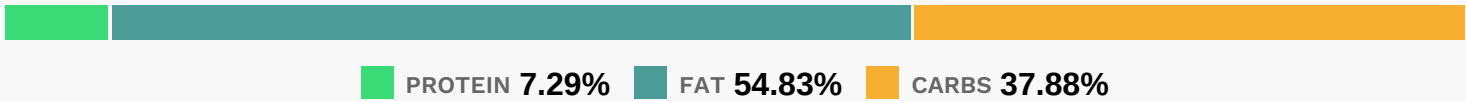
Equipment

- ☐ oven
- ☐ blender
- ☐ cake form

Directions

- ☐ Rinse and core tomatoes; cut in half lengthwise. Set halves, cut side up, in a 9-inch cake pan.
- ☐ Brush cut sides with a total of 2 teaspoons oil.
- ☐ Sprinkle evenly with granulated sugar and 1/4 teaspoon salt.
- ☐ Bake in a 400 regular or convection oven until tomatoes are browned, 35 to 45 minutes.
- ☐ Let cool.
- ☐ In a blender, whirl tomatoes, balsamic vinegar, red wine vinegar, remaining 4 teaspoons olive oil, brown sugar, and basil until smooth.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:47.52, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:18.3726088301%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 115.92kcal (5.8%), Fat: 7.51g (11.56%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 7.86g (2.86%), Sugar: 7.49g (8.33%), Cholesterol: 0mg (0%), Sodium: 157.33mg (6.84%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Vitamin C: 103.92mg (125.97%), Vitamin K: 81.34µg (77.47%), Vitamin A: 2878.81IU (57.58%), Manganese: 0.56mg (28.05%), Iron: 4.22mg (23.44%), Vitamin E: 2.95mg (19.65%), Vitamin B6: 0.32mg (16.02%), Fiber: 3.82g (15.27%), Folate: 55.98µg (13.99%), Potassium: 422.66mg (12.08%), Magnesium: 45.55mg (11.39%), Calcium: 104.62mg (10.46%), Vitamin B2: 0.12mg (7.25%), Copper: 0.14mg (6.83%), Vitamin B3: 1.29mg (6.47%), Phosphorus: 47.37mg (4.74%), Vitamin B1: 0.07mg (4.42%), Zinc: 0.58mg (3.9%), Vitamin B5: 0.33mg (3.26%)