



Charred tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 6 large very vine tomatoes
- ☐ 3 tbsp olive oil plus a drizzle
- ☐ 1 scant tbsp balsamic vinegar
- ☐ 2 garlic cloves finely sliced
- ☐ 2 tbsp muscovado sugar light
- ☐ 1 small handful basil leaves fresh finely sliced

Equipment

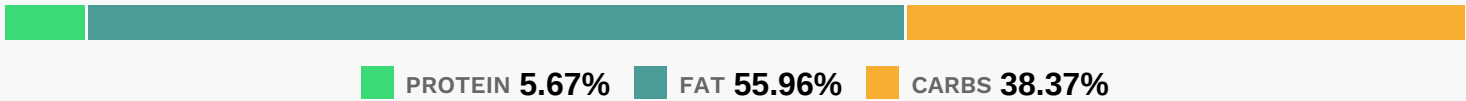
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 160C/gas 3/fan 140C. Put a griddle pan or heavy cast iron frying pan (not non-stick) over a high flame and leave it to heat.
- ☐ Cut the tomatoes in half around the equator.
- ☐ Brush the cut surfaces with 1 tbsp of oil and place cut side-down on the hot griddle. Cook undisturbed for 1 minute, then take the pan off the heat.
- ☐ Transfer the tomatoes, cut side-up, to a shallow baking dish.
- ☐ Brush cut surfaces with the vinegar, then with about 2 tbsp of oil.
- ☐ Place a sliver or two of garlic on each tomato, and sprinkle with the sugar.
- ☐ Bake for about 1 hour until the tomatoes are deep brown and sticky-looking. Cool a little, then finish with a sprinkling of balsamic vinegar, extra oil and a scattering of basil.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:11.682173839082%

Flavonoids

Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 167.33kcal (8.37%), Fat: 11.06g (17.01%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 13.74g (5%), Sugar: 13.05g (14.5%), Cholesterol: 0mg (0%), Sodium: 15.87mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin C: 37.96mg (46.01%), Vitamin A: 2300.6IU (46.01%), Vitamin K: 29.99µg (28.56%), Vitamin E: 2.99mg (19.94%), Potassium: 662.86mg (18.94%), Manganese: 0.35mg

(17.31%), Fiber: 3.32g (13.26%), Vitamin B6: 0.24mg (12.01%), Folate: 41.4µg (10.35%), Copper: 0.17mg (8.52%), Vitamin B3: 1.64mg (8.22%), Magnesium: 31.3mg (7.82%), Vitamin B1: 0.1mg (6.95%), Phosphorus: 68.38mg (6.84%), Iron: 0.88mg (4.9%), Calcium: 36.05mg (3.61%), Zinc: 0.49mg (3.25%), Vitamin B2: 0.05mg (3.17%), Vitamin B5: 0.26mg (2.61%)