



Cherry Tomato Toasts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 pound cherry tomatoes (24)
- ☐ 2 garlic cloves halved lengthwise
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons oregano leaves dried fresh
- ☐ 8 slices sourdough bread

Equipment

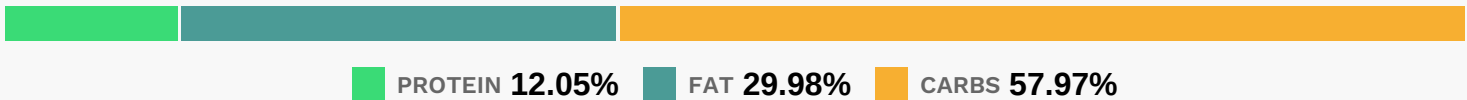
- ☐ baking sheet

- ☐ oven
- ☐ baking pan
- ☐ toaster

Directions

- ☐ Heat oven to 275F. Arrange the tomatoes in a shallow baking dish or on a cookie sheet.
- ☐ Drizzle half the oil over the tomatoes and sprinkle with the oregano, a few grinds of pepper, and half the salt.
- ☐ Bake about 40 minutes or until the tomato skins pucker and split slightly.
- ☐ Remove from oven. Set oven to broil and toast the bread on both sides until golden (or use a toaster).
- ☐ Remove to a serving dish and immediately rub the cut sides of the garlic into one side of each slice.
- ☐ Sprinkle with the remaining 1/2 teaspoon of salt and drizzle with the remaining oil.
- ☐ Serve the tomatoes on top of the toast. Roasting caramelizes the natural sugars in tomatoes, giving them more sweetness, more intense flavor, and richer color.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:51.4, Inflammation Score:-10, Nutrition Score:23.033478425897%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 497.02kcal (24.85%), Fat: 16.84g (25.91%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 73.26g (24.42%), Net Carbohydrates: 68.53g (24.92%), Sugar: 8.86g (9.84%), Cholesterol: 0mg (0%), Sodium: 1365.57mg (59.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.46%), Vitamin B1: 0.96mg (63.81%), Selenium: 37.51µg (53.58%), Manganese: 0.95mg (47.69%), Folate: 178.17µg (44.54%), Iron: 6.81mg (37.84%), Vitamin B2:

0.59mg (34.5%), Vitamin B3: 6.9mg (34.5%), Vitamin C: 26.38mg (31.98%), Vitamin K: 27.93µg (26.6%), Vitamin E: 3.31mg (22.04%), Fiber: 4.73g (18.92%), Phosphorus: 172.3mg (17.23%), Copper: 0.3mg (15.08%), Magnesium: 58.48mg (14.62%), Vitamin B6: 0.27mg (13.58%), Potassium: 436.07mg (12.46%), Calcium: 122.61mg (12.26%), Vitamin A: 597.72IU (11.95%), Zinc: 1.58mg (10.52%), Vitamin B5: 0.61mg (6.07%)