



Courgette & tomato tians



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 5 tbsp olive oil for the baking sheet
- ☐ 4 zucchini sliced
- ☐ 6 plum tomatoes sliced
- ☐ 2 garlic clove thinly sliced
- ☐ 3 sprigs thyme leaves leaves picked chopped

Equipment

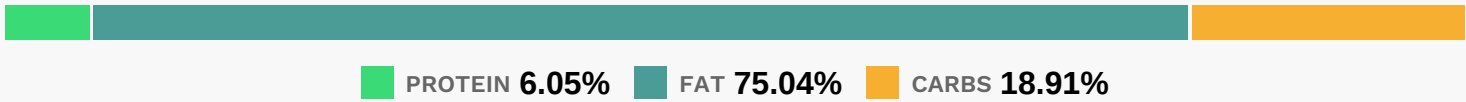
- ☐ baking sheet
- ☐ oven

☐ palette knife

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Drizzle a large baking sheet with a little olive oil. Arrange a row of alternate courgette and tomato slices over the sheet with a garlic slice in between each. Repeat to make 8 rows. Scatter with the herbs, season and drizzle with the oil.
- ☐ Bake for 20–25 mins until the vegetables are tender.
- ☐ Remove from the sheet with a palette knife and set a row on each plate.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:6.6586956433628%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 103.88kcal (5.19%), Fat: 9.17g (14.1%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.59g (1.31%), Sugar: 3.68g (4.09%), Cholesterol: 0mg (0%), Sodium: 10.5mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.33%), Vitamin C: 24.75mg (30%), Vitamin K: 13.17µg (12.54%), Manganese: 0.25mg (12.27%), Vitamin A: 601.23IU (12.02%), Vitamin E: 1.63mg (10.86%), Potassium: 371.36mg (10.61%), Vitamin B6: 0.21mg (10.38%), Folate: 30.69µg (7.67%), Fiber: 1.61g (6.43%), Vitamin B2: 0.1mg (6.09%), Magnesium: 23.54mg (5.89%), Phosphorus: 49.94mg (4.99%), Vitamin B1: 0.06mg (4.2%), Copper: 0.08mg (4.18%), Vitamin B3: 0.73mg (3.65%), Iron: 0.62mg (3.42%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.25mg (2.47%), Calcium: 23.29mg (2.33%)