



Crostini with Thyme-Roasted Tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8.5 inch thick baguette
- ☐ 1 teaspoons thyme leaves dried
- ☐ 1 clove garlic
- ☐ 8 servings olive oil extra-virgin for drizzling
- ☐ 4 plum tomatoes halved lengthwise
- ☐ 8 servings sea salt and pepper freshly ground

Equipment

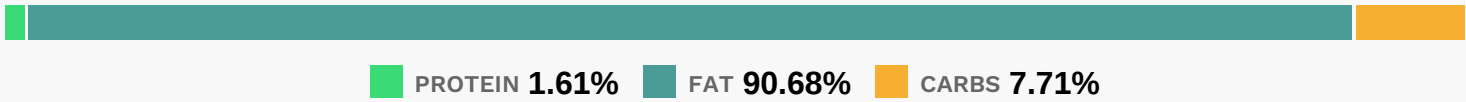
- ☐ baking sheet

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 275 degrees.
- ☐ Place the tomatoes cut-side up in a shallow baking dish.
- ☐ Drizzle with olive oil and sprinkle with salt, pepper and the thyme. Roast 1 hour 30 minutes to 2 hours, or until the tomatoes are very soft and slightly shrunk.
- ☐ Increase the oven temperature to 400 degrees.
- ☐ Place the baguette slices on a baking sheet, drizzle with olive oil and bake until golden brown, about 10 minutes. Rub the crostini with garlic and top each with a roasted tomato.
- ☐ Photograph by Jim Franco

Nutrition Facts



Properties

Glycemic Index:17.47, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:2.6773912945519%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 137.23kcal (6.86%), Fat: 14.15g (21.76%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.95g (1.05%), Cholesterol: 0mg (0%), Sodium: 212.43mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin E: 2.2mg (14.67%), Vitamin K: 13.11µg (12.48%), Vitamin C: 4.43mg (5.37%), Vitamin A: 263.01IU (5.26%), Manganese: 0.06mg (3.22%), Iron: 0.42mg (2.32%), Potassium: 79.52mg (2.27%), Folate: 7.89µg (1.97%), Fiber: 0.48g (1.93%), Vitamin B1: 0.03mg (1.9%), Vitamin B6: 0.03mg (1.65%), Vitamin B3: 0.32mg (1.58%), Copper: 0.02mg (1.2%), Magnesium: 4.49mg (1.12%), Phosphorus: 10.83mg (1.08%)