



Garlic and Herb Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil fresh plus more for garnish chopped
- ☐ 2 tablespoons flat-leaf parsley fresh plus more for garnish chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 pints grape tomatoes
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons olive oil good

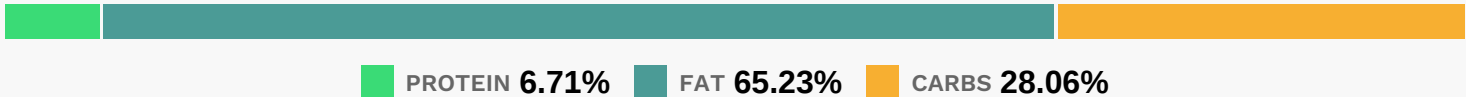
Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a saute pan large enough to hold all the tomatoes in one layer.
- ☐ Add the garlic to the oil and cook over medium heat for 30 seconds.
- ☐ Add the tomatoes, basil, parsley, thyme, salt, and pepper. Reduce the heat to low and cook for 5 to 7 minutes, tossing occasionally, until the tomatoes begin to loose their firm round shape.
- ☐ Sprinkle with a little fresh chopped basil and parsley and serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:8.3543479079786%

Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 93.28kcal (4.66%), Fat: 7.21g (11.09%), Saturated Fat: 1g (6.23%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 5.68g (2.07%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 406.09mg (17.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin C: 39.23mg (47.56%), Vitamin K: 33.42µg (31.83%), Vitamin A: 950.98IU (19.02%), Vitamin E: 1.91mg (12.72%), Manganese: 0.22mg (10.76%), Potassium: 362.52mg (10.36%), Iron: 1.36mg (7.56%), Vitamin B6: 0.14mg (7.09%), Copper: 0.13mg (6.55%), Folate: 23.33µg (5.83%), Fiber: 1.29g (5.18%), Phosphorus: 47.68mg (4.77%), Vitamin B3: 0.88mg (4.41%), Magnesium: 16.76mg (4.19%), Vitamin B1: 0.06mg (4.04%), Calcium: 25.56mg (2.56%), Vitamin B2: 0.04mg (2.41%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.27mg (1.77%), Selenium: 0.94µg (1.34%)