



Garlic Grilled Tomatoes

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup pepper black
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 5 cloves garlic minced
- ☐ 0.3 cup garlic powder
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmigiano-reggiano
- ☐ 1 cup salt
- ☐ 4 tomatoes red ripe

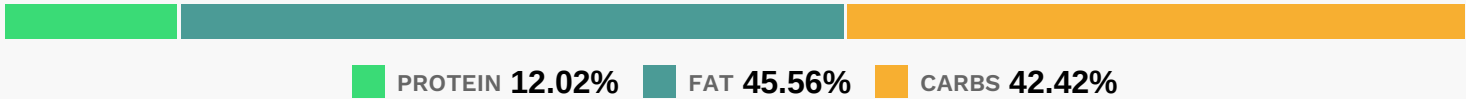
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Cut the tomatoes in half crosswise, season with House Seasoning.
- ☐ Heat the oil in a small frying pan over medium heat.
- ☐ Add the garlic, and cook until just starting to turn golden brown, 1 to 2 minutes.
- ☐ Pour the garlic and oil into a heatproof bowl.
- ☐ Oil the grill and set for high heat.
- ☐ Place the tomatoes cut side down and grill for 3 to 5 minutes. Turn over, top with the garlic oil mixture and continue to cook for another 3 minutes.
- ☐ Remove from grill and top with thyme, House Seasoning and Parmigiano-Reggiano.
- ☐ Serve immediately.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:18.513043401682%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 234.64kcal (11.73%), Fat: 13.03g (20.04%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 20.18g (7.34%), Sugar: 3.78g (4.2%), Cholesterol: 4.25mg (1.42%), Sodium: 28412.61mg (1235.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.47%), Manganese: 2.37mg (118.39%), Vitamin K: 40.47µg (38.55%), Vitamin C: 23.8mg (28.85%), Fiber: 7.12g (28.47%), Vitamin A: 1320.91IU (26.42%), Vitamin B6: 0.45mg (22.52%), Potassium: 712.48mg (20.36%), Calcium: 202.07mg (20.21%), Iron: 3.63mg (20.16%), Copper: 0.4mg (20.13%), Phosphorus: 166.92mg (16.69%), Vitamin E: 2.45mg (16.31%), Magnesium: 60.22mg (15.05%), Vitamin B1: 0.14mg (9.16%), Selenium: 6.27µg (8.96%), Zinc: 1.18mg (7.86%), Folate: 30.04µg (7.51%), Vitamin B2: 0.11mg (6.6%), Vitamin B3: 1.12mg (5.62%), Vitamin B5: 0.49mg (4.91%), Vitamin B12: 0.08µg (1.25%)