

## Greek Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



81 kcal

SIDE DISH

### Ingredients

- 1 tablespoon breadcrumbs dry
- 2 tablespoons feta cheese with basil and tomato crumbled
- 0.3 teaspoon oregano dried
- 0.1 teaspoon pepper
- 6 ounces plum tomatoes cut in half

### Equipment

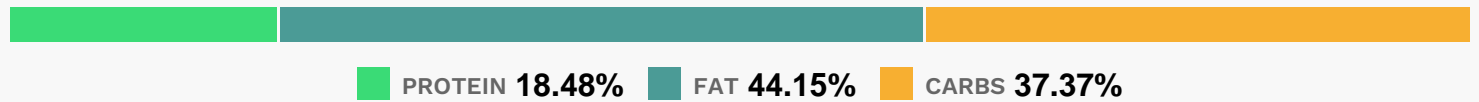
- frying pan
- baking sheet

- oven
- toaster

## Directions

- Preheat toaster oven to 35
- Place tomato halves on toaster oven pan coated with cooking spray.
- Sprinkle breadcrumbs over each tomato half, and top with cheese.
- Sprinkle with oregano and pepper.
- Bake at 350 for 20 minutes.
- Serve warm.
- Note: To bake in a conventional oven, place tomato halves on a baking sheet.
- Bake at 350 for 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:51, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:6.4495652421661%

## Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 81.08kcal (4.05%), Fat: 4.1g (6.32%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 6.44g (2.34%), Sugar: 2.56g (2.84%), Cholesterol: 15.13mg (5.04%), Sodium: 234.74mg (10.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Vitamin A: 785.13IU (15.7%), Vitamin C: 11.66mg (14.13%), Vitamin B2: 0.18mg (10.67%), Calcium: 106.01mg (10.6%), Manganese: 0.18mg (8.8%), Vitamin K: 9.11µg (8.68%), Phosphorus: 86.52mg (8.65%), Vitamin B6: 0.15mg (7.46%), Vitamin B1: 0.11mg (7.11%), Potassium: 226.72mg (6.48%), Folate: 24.16µg (6.04%), Fiber: 1.38g (5.53%), Selenium: 3.83µg (5.47%), Vitamin B3: 1.02mg (5.09%), Vitamin B12: 0.3µg (5.08%), Zinc: 0.71mg (4.77%), Magnesium: 15.62mg (3.91%), Iron: 0.69mg (3.81%), Vitamin E: 0.54mg (3.61%), Copper: 0.07mg (3.58%), Vitamin B5: 0.27mg (2.72%)