



Grilled Rosemary Plum Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



38 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon rosemary fresh chopped
- 0.5 teaspoon lemon rind grated
- 1.5 teaspoons olive oil
- 8 plum tomatoes halved lengthwise
- 0.3 teaspoon salt
- 1 tablespoon shallots minced

Equipment

bowl

grill

Directions

Prepare grill.

Combine first 6 ingredients (through salt) in a small bowl.

Add tomatoes; toss to coat.

Place tomatoes, cut side up, on grill rack coated with cooking spray. Cook 3 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:5.1717391764016%

Flavonoids

Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 38.16kcal (1.91%), Fat: 1.76g (2.71%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 3.79g (1.38%), Sugar: 3.47g (3.86%), Cholesterol: 0mg (0%), Sodium: 151.94mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Vitamin C: 17.52mg (21.23%), Vitamin A: 1035.24IU (20.7%), Vitamin K: 11.13µg (10.6%), Manganese: 0.18mg (9.06%), Potassium: 306.16mg (8.75%), Fiber: 1.66g (6.65%), Vitamin E: 0.89mg (5.93%), Vitamin B6: 0.11mg (5.45%), Folate: 19.55µg (4.89%), Copper: 0.08mg (3.96%), Vitamin B3: 0.75mg (3.73%), Magnesium: 14.66mg (3.66%), Vitamin B1: 0.05mg (3.19%), Phosphorus: 31.7mg (3.17%), Iron: 0.4mg (2.24%), Zinc: 0.22mg (1.5%), Calcium: 14.95mg (1.5%), Vitamin B2: 0.02mg (1.46%), Vitamin B5: 0.12mg (1.22%)