



Grilled Tomatoes



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 0.3 cup parmesan cheese grated kraft
- 4 tomatoes

Equipment

- frying pan
- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Place tomatoes, cut sides up, in disposable foil pan.
- Drizzle with dressing; sprinkle with cheese.
- Place pan on grill grate; cover grill with lid.
- Grill 15 min. or until tomatoes are softened and cheese is lightly browned.

Nutrition Facts

 **PROTEIN 11.22%**  **FAT 63.75%**  **CARBS 25.03%**

Properties

Glycemic Index:9.5, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:5.6491304409245%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 102.54kcal (5.13%), Fat: 7.4g (11.39%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 5.07g (1.84%), Sugar: 3.73g (4.14%), Cholesterol: 5.44mg (1.81%), Sodium: 248.27mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin A: 1078.65IU (21.57%), Vitamin C: 16.85mg (20.43%), Vitamin K: 9.82µg (9.36%), Potassium: 303.01mg (8.66%), Manganese: 0.15mg (7.28%), Phosphorus: 69.14mg (6.91%), Calcium: 69.02mg (6.9%), Fiber: 1.48g (5.9%), Vitamin B6: 0.1mg (5.17%), Folate: 18.83µg (4.71%), Vitamin E: 0.7mg (4.64%), Magnesium: 15.72mg (3.93%), Copper: 0.08mg (3.75%), Vitamin B3: 0.74mg (3.68%), Zinc: 0.48mg (3.2%), Vitamin B1: 0.05mg (3.15%), Selenium: 2.19µg (3.13%), Vitamin B2: 0.04mg (2.64%), Iron: 0.36mg (2%), Vitamin B12: 0.08µg (1.41%), Vitamin B5: 0.13mg (1.3%)