



Grilled Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cloves garlic minced to taste
- ☐ 1 teaspoon salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 8 tomatoes halved lengthwise

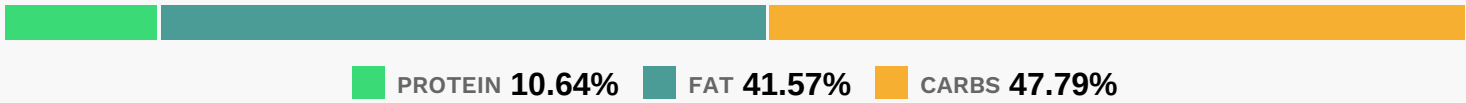
Equipment

- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Drizzle the olive oil over the cut sides of the tomatoes, and sprinkle with garlic, salt, and black pepper.
- ☐ Place tomatoes, cut sides up, onto the preheated grill, and grill until the tomatoes start to sizzle and show blackened grill marks, about 4 minutes. Flip the tomatoes over and grill until the garlic turns golden brown, about 3 more minutes.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:2.5491304559552%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 19.68kcal (0.98%), Fat: 1g (1.54%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 3.18mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin C: 8.54mg (10.35%), Vitamin A: 513.01IU (10.26%), Vitamin K: 5.6µg (5.33%), Manganese: 0.09mg (4.62%), Potassium: 148.93mg (4.26%), Fiber: 0.78g (3.11%), Vitamin E: 0.46mg (3.06%), Vitamin B6: 0.05mg (2.71%), Folate: 9.26µg (2.31%), Copper: 0.04mg (1.95%), Vitamin B3: 0.37mg (1.85%), Magnesium: 7.07mg (1.77%), Vitamin B1: 0.02mg (1.58%), Phosphorus: 15.53mg (1.55%), Iron: 0.19mg (1.05%)