



Grilled Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 2 tomatoes firm ripe cut in half around the middle (not overly or they will fall apart when you grill them)
- ☐ 1 serving olive oil
- ☐ 1 can kosher salt (or fleur de sel if you can get it)
- ☐ 1 serving pepper black freshly ground
- ☐ 4 basil leaves thinly sliced thin (roll them up like a cigar and then slice them to make nice slices)

Equipment

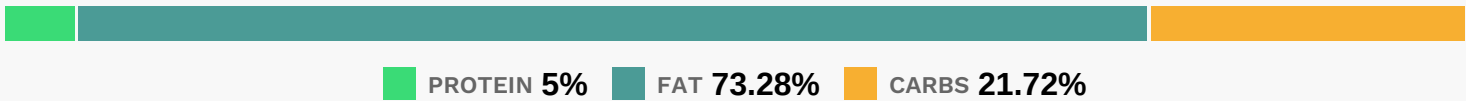
- ☐ grill
- ☐ spatula

☐ grill pan

Directions

- ☐ Remove watery pulp and seeds from tomatoes: Standing over a sink, use your fingers to gently dislodge and remove the watery pulp and seeds. (Although the seeds and pulp contain a lot of flavor, when you grill the tomatoes they are going to be lost anyway.)
- ☐ Grill cut-side down: Preheat your grill on high heat for direct grilling. Use a grill basket or fine grill grate if you can, it will make it much easier to work with the tomatoes (or any other vegetables you grill).
- ☐ Season the tomatoes with salt and pepper.
- ☐ Brush the cut side of the tomatoes with olive oil.
- ☐ Brush the grill grate or grill pan with olive oil.
- ☐ Place the tomatoes, cut side down on the grill surface. Cover the grill and let cook for about 4 minutes. (Check after 2 minutes.)
- ☐ Use a metal spatula to lift tomatoes off of the grill for serving.
- ☐ Place on a serving dish, cut side up.
- ☐ Drizzle a little more olive oil on the tomatoes.
- ☐ Sprinkle with just a little more salt and pepper.
- ☐ Sprinkle with thinly sliced basil.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:1.27, Inflammation Score:0, Nutrition Score:5.4939130548712%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 84.33kcal (4.22%), Fat: 7.25g (11.16%), Saturated Fat: 1g (6.26%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 3.34g (1.21%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 200.12mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Vitamin A: 1067.06IU (21.34%), Vitamin C: 17mg (20.6%), Vitamin K: 17.33µg (16.51%), Vitamin E: 1.68mg (11.19%), Potassium: 294.64mg (8.42%), Manganese: 0.16mg (7.81%), Fiber: 1.5g (6.01%), Vitamin B6: 0.1mg (4.99%), Folate: 19µg (4.75%), Copper: 0.08mg (3.82%), Vitamin B3: 0.74mg (3.69%), Magnesium: 14.13mg (3.53%), Vitamin B1: 0.05mg (3.06%), Phosphorus: 30.05mg (3%), Iron: 0.4mg (2.24%), Zinc: 0.22mg (1.44%), Vitamin B2: 0.02mg (1.42%), Calcium: 14.13mg (1.41%), Vitamin B5: 0.11mg (1.12%)