



Herb-Crusted Broiled Tomatoes

READY IN



7 min.

SERVINGS



4

CALORIES



47 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 teaspoon penzey's southwest seasoning dried italian
- 0.3 cup panko bread crumbs whole wheat (Japanese breadcrumbs)
- 2 tablespoons parmesan cheese grated
- 0.3 teaspoon lawry's seasoned salt
- 2 tomatoes cut in half horizontally
- 1 teaspoon butter unsalted melted

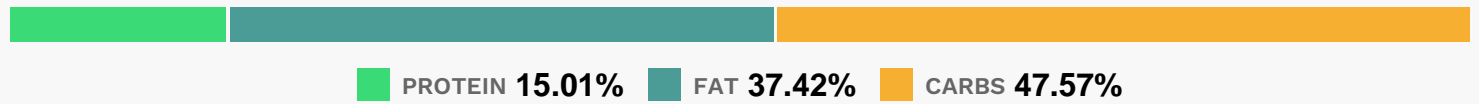
Equipment

- bowl
- baking sheet
- broiler

Directions

- Preheat broiler.
- Combine first 5 ingredients in a small bowl. Stir butter into breadcrumb mixture.
- Place tomato halves on a rimmed baking sheet coated with cooking spray.
- Sprinkle breadcrumb mixture evenly over tomato halves. Broil 3 to 4 minutes or until topping is golden.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:3.9413043344798%

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: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 47.32kcal (2.37%), Fat: 2.07g (3.18%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.72g (1.72%), Sugar: 1.87g (2.08%), Cholesterol: 4.86mg (1.62%), Sodium: 219.93mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.73%), Vitamin A: 575.03IU (11.5%), Vitamin C: 8.44mg (10.23%), Vitamin K: 8.75µg (8.34%), Manganese: 0.16mg (8.2%), Potassium: 167.66mg (4.79%), Fiber: 1.18g (4.73%), Calcium: 44.6mg (4.46%), Vitamin B1: 0.06mg (4.06%), Phosphorus: 38.23mg (3.82%), Folate: 14.65µg (3.66%), Vitamin B3: 0.64mg (3.21%), Iron: 0.57mg (3.16%), Vitamin E: 0.47mg (3.14%), Vitamin B6: 0.06mg (3.09%), Magnesium: 11.06mg (2.76%), Copper: 0.05mg (2.68%), Selenium: 1.87µg (2.67%), Vitamin B2: 0.04mg (2.29%), Zinc: 0.29mg (1.9%)