



Herb-Parmesan Roasted Tomatoes

 Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



45 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.1 teaspoon garlic powder
- 0.1 teaspoon kosher salt
- 2 teaspoons olive oil extra-virgin
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan grated
- 12.5 inch thick tomato

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 425F. Line a rimmed baking sheet with parchment. In a small bowl, combine Parmesan, oregano, salt, pepper and garlic powder.
- Add olive oil and stir to form a moist mixture.
- Arrange tomato slices on baking sheet and spoon a heaping 1/2 tsp. Parmesan mixture on top of each slice, dividing evenly. Use your fingertips to press into an even layer.
- Bake until tomatoes are soft and topping begins to brown, about 20 minutes.
- Serve hot or warm.

Nutrition Facts

PROTEIN 20.72% **FAT 72.31%** **CARBS 6.97%**

Properties

Glycemic Index:26.75, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:1.6121739181487%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 44.74kcal (2.24%), Fat: 3.64g (5.61%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.56g (0.21%), Sugar: 0.27g (0.3%), Cholesterol: 4.25mg (1.42%), Sodium: 173.36mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Calcium: 79.2mg (7.92%), Phosphorus: 46.14mg (4.61%), Vitamin K: 3.59µg (3.42%), Vitamin E: 0.39mg (2.61%), Vitamin A: 119.53IU (2.39%), Selenium: 1.44µg (2.06%), Manganese: 0.03mg (1.59%), Vitamin B2: 0.02mg (1.4%), Vitamin C: 1.09mg (1.33%), Zinc: 0.2mg (1.31%), Vitamin B12: 0.08µg (1.25%), Magnesium: 4.48mg (1.12%), Iron: 0.19mg (1.04%)