



Herb-Roasted Cherry Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients



3 lb l cherry tomatoes red yellow (and)



0.3 cup parsley fresh chopped



3 tablespoons olive oil



8 servings salt and pepper

Equipment



bowl



frying pan



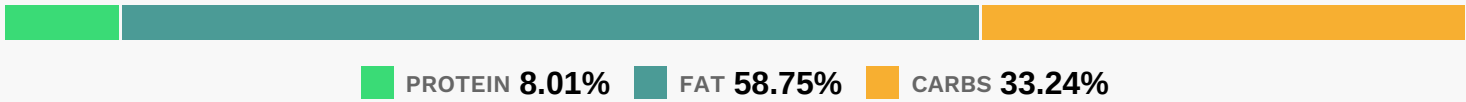
baking sheet

☐ oven

Directions

- ☐ Preheat oven to 450F.
- ☐ Place tomatoes on a large rimmed baking sheet, drizzle with olive oil and season with salt and pepper. Shake baking sheet back and forth a few times to coat tomatoes with oil, salt and pepper.
- ☐ Bake, shaking pan once or twice, until tomatoes are softened but not falling apart, 10 to 15 minutes.
- ☐ Sprinkle with parsley while tomatoes are still warm. Spoon into a bowl and pour in any juices that have accumulated in bottom of pan, and serve.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:8.5821739694347%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 77.7kcal (3.89%), Fat: 5.45g (8.39%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.69g (2.07%), Sugar: 4.25g (4.72%), Cholesterol: 0mg (0%), Sodium: 213.66mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin C: 41.28mg (50.03%), Vitamin K: 38.67µg (36.83%), Vitamin A: 989.72IU (19.79%), Vitamin E: 1.72mg (11.48%), Potassium: 381.29mg (10.89%), Manganese: 0.18mg (9.11%), Iron: 1.3mg (7.24%), Vitamin B6: 0.14mg (6.8%), Copper: 0.13mg (6.53%), Folate: 24.96µg (6.24%), Fiber: 1.25g (5.01%), Phosphorus: 48.71mg (4.87%), Vitamin B3: 0.93mg (4.65%), Vitamin B1: 0.06mg (4.19%), Magnesium: 16.25mg (4.06%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.23mg (2.27%), Calcium: 21.47mg (2.15%), Zinc: 0.26mg (1.72%), Selenium: 0.85µg (1.22%)