



Herb Roasted Tomatoes

 Gluten Free

READY IN



14 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons garlic minced
- ☐ 1.5 teaspoons coarsely ground pepper black
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 1 cup parmesan grated
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 8 roma tomatoes halved seeded
- ☐ 1 tablespoon salt

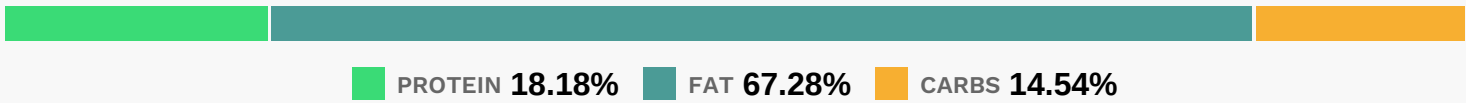
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven to broil.
- ☐ In a large bowl, mix together the herbs, garlic, pepper, salt and olive oil.
- ☐ Add halved tomatoes and toss well. Arrange the seasoned tomatoes, flesh side up, on a half sheet tray lined with parchment.
- ☐ Sprinkle liberally with the Parmesan. Put under the broiler until the cheese is browned and melted, and the tomatoes have caramelized, about 3 to 4 minutes.
- ☐ Transfer to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:6.486521732548%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 112.51kcal (5.63%), Fat: 8.66g (13.32%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.79g (1.99%), Cholesterol: 8.5mg (2.83%), Sodium: 1076.64mg (46.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Vitamin K: 29.2µg (27.81%), Calcium: 171.43mg (17.14%), Vitamin A: 711.19IU (14.22%), Vitamin C: 10.46mg (12.68%), Phosphorus: 106.79mg (10.68%), Manganese: 0.19mg (9.47%), Vitamin E: 1.25mg (8.3%), Potassium: 185.09mg (5.29%), Fiber: 1.18g (4.72%), Vitamin B6: 0.09mg

(4.71%), Selenium: 3.15µg (4.49%), Magnesium: 15.67mg (3.92%), Iron: 0.67mg (3.72%), Vitamin B2: 0.06mg (3.55%), Zinc: 0.51mg (3.38%), Folate: 13.3µg (3.33%), Copper: 0.06mg (2.88%), Vitamin B12: 0.15µg (2.5%), Vitamin B3: 0.46mg (2.31%), Vitamin B1: 0.03mg (2.28%), Vitamin B5: 0.14mg (1.39%)