



## Honey-Baked Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

### Ingredients

- 4 teaspoons butter
- 1 tablespoon tarragon dried
- 4 teaspoons honey
- 2 teaspoons pepper freshly ground
- 1.5 teaspoons salt
- 8 medium size tomatoes ripe cut into 1-inch slices
- 2 slices bread white

### Equipment

- food processor
- frying pan
- oven
- blender
- aluminum foil

## Directions

- Place ripe tomato slices in a single layer in a lightly greased aluminum foil-lined 15- x 10-inch jellyroll pan.
- Drizzle with honey, spreading honey into hollows.
- Process bread in a food processor or blender until finely chopped.
- Stir together breadcrumbs and next 3 ingredients; sprinkle evenly over tomato slices. Dot with butter.
- Bake at 350 for 30 minutes or until tomato skins begin to wrinkle.
- Broil 5 inches from heat 5 minutes or until tops are golden.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:39.63, Glycemic Load:5.28, Inflammation Score:-7, Nutrition Score:6.3939130542719%

## Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 71.42kcal (3.57%), Fat: 2.58g (3.97%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 9.69g (3.52%), Sugar: 6.45g (7.16%), Cholesterol: 5.38mg (1.79%), Sodium: 488.85mg (21.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.91%), Vitamin A: 1126.61IU (22.53%), Vitamin C: 17.31mg (20.98%), Manganese: 0.31mg (15.73%), Vitamin K: 10.72µg (10.21%), Potassium: 334.4mg (9.55%), Fiber: 1.82g

(7.27%), Folate: 28.01µg (7%), Vitamin B6: 0.13mg (6.38%), Vitamin B3: 1.12mg (5.59%), Vitamin B1: 0.08mg (5.34%), Iron: 0.89mg (4.96%), Vitamin E: 0.74mg (4.94%), Magnesium: 19.24mg (4.81%), Copper: 0.09mg (4.72%), Phosphorus: 40.85mg (4.09%), Calcium: 38.75mg (3.87%), Vitamin B2: 0.05mg (3.13%), Selenium: 1.57µg (2.24%), Zinc: 0.32mg (2.1%), Vitamin B5: 0.16mg (1.55%)