



Honey-Roasted Cherry Tomatoes

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients

- 1 pound cherry tomatoes
- 1 tablespoon clear honey
- 2 garlic clove
- 3 tablespoons olive oil
- 4 servings pepper black freshly ground

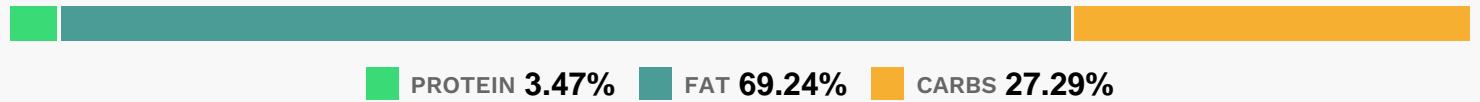
Equipment

- oven
- roasting pan

Directions

- Preheat the oven to 375°F/190°C. Lightly oil a roasting pan. Halve the tomatoes and place them, cut side up, in the dish. They should fit snugly with little or no space between them.
- Crush the garlic with a pinch of salt, then beat it with the honey, olive oil, and a good grinding of pepper. Spoon this sticky, garlicky mixture over the cherry tomatoes. Roast for about 30 minutes, until golden, juicy, and bubbling.
- Hugh Fearnley-Whittingstall is a renowned British broadcaster, writer, farmer, educator, and campaigner for sustainably produced food. He is the James Beard Award-winning author of seven books. Hugh established the River Cottage farm in Dorset, England in 199
- Visit www.rivercottage.net

Nutrition Facts



Properties

Glycemic Index:28.57, Glycemic Load:2.41, Inflammation Score:-5, Nutrition Score:5.3808696114499%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 131.68kcal (6.58%), Fat: 10.64g (16.36%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.57g (3.12%), Sugar: 7.15g (7.94%), Cholesterol: 0mg (0%), Sodium: 13.17mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 26.35mg (31.94%), Vitamin E: 2.15mg (14.33%), Vitamin A: 555.2IU (11.1%), Vitamin K: 9.69µg (9.22%), Manganese: 0.16mg (8.06%), Potassium: 257.39mg (7.35%), Vitamin B6: 0.11mg (5.49%), Iron: 0.89mg (4.93%), Copper: 0.09mg (4.64%), Folate: 14.91µg (3.73%), Phosphorus: 34.41mg (3.44%), Fiber: 0.86g (3.44%), Vitamin B3: 0.62mg (3.11%), Vitamin B1: 0.04mg (2.93%), Magnesium: 10.86mg (2.71%), Vitamin B2: 0.03mg (1.69%), Calcium: 16.05mg (1.61%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.19mg (1.26%), Selenium: 0.83µg (1.18%)