



Honey-Roasted Cherry Tomatoes



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 1 pound cherry tomatoes
- ☐ 1 tablespoon clear honey
- ☐ 2 garlic cloves
- ☐ 3 tablespoons olive oil
- ☐ 4 servings flaky sea salt and pepper black freshly ground

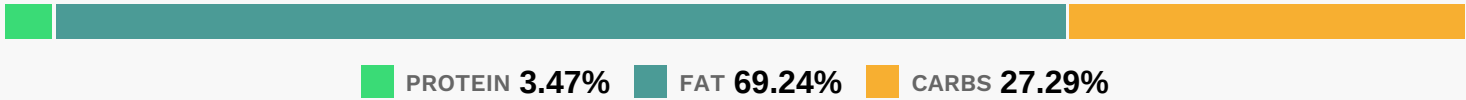
Equipment

- ☐ 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, 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%)