



Honey & thyme tomatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 650 g tomatoes
- ☐ 1 large garlic clove thinly sliced
- ☐ 1 leaves thyme sprigs
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp honey
- ☐ 2 tbsp balsamic vinegar
- ☐ 1 tsp coarse mustard

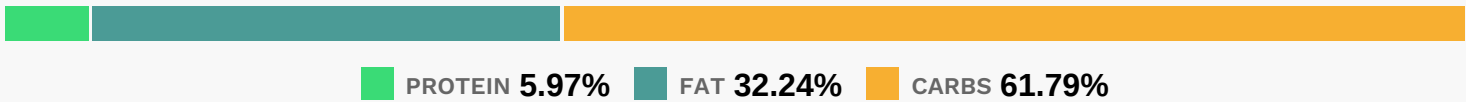
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Halve the tomatoes and put them, cut side up, in a single layer in a large ovenproof dish or baking tray. Tuck a sliver of garlic into each tomato half and scatter over thyme leaves.
- ☐ Drizzle with the oil, season generously, then bake for 30–40 mins or until the tomatoes are soft and juicy. Leave to cool. Can be roasted and chilled up to 3 days ahead. Bring to room temperature before serving.
- ☐ To serve, carefully lift the tomatoes onto a serving plate and pour over some of the juices from the roasting dish.
- ☐ Whisk together the honey, vinegar, mustard and a little seasoning to make a dressing, drizzle over the tomatoes and scatter with a few more thyme leaves.

Nutrition Facts



Properties

Glycemic Index:41.21, Glycemic Load:4.63, Inflammation Score:-7, Nutrition Score:4.6339129857395%

Flavonoids

Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 67.52kcal (3.38%), Fat: 2.58g (3.97%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 9.76g (3.55%), Sugar: 9.41g (10.46%), Cholesterol: 0mg (0%), Sodium: 16.24mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin C: 15.3mg (18.55%), Vitamin A: 910.97IU (18.22%), Vitamin K: 9.98µg (9.51%), Potassium: 270.66mg (7.73%), Manganese: 0.15mg (7.54%), Vitamin E: 0.92mg (6.16%), Fiber: 1.38g (5.53%), Vitamin B6: 0.1mg (4.79%), Folate: 16.54µg (4.13%), Copper: 0.07mg (3.54%), Magnesium:

13.49mg (3.37%), Vitamin B3: 0.66mg (3.32%), Phosphorus: 29.14mg (2.91%), Vitamin B1: 0.04mg (2.85%), Iron: 0.42mg (2.36%), Calcium: 14.82mg (1.48%), Vitamin B2: 0.03mg (1.48%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.11mg (1.07%)