



Oil-Poached Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 1 head garlic separated
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup olive oil
- ☐ 1 pound plum tomatoes cored halved (6)
- ☐ 2 sprigs rosemary
- ☐ 2 sprigs thyme leaves

Equipment

- ☐ oven

☐

baking pan

Directions

- ☐ Preheat oven to 300°F. Toss tomatoes, garlic,rosemary and thyme sprigs, oil, and salt in alarge baking dish.
- ☐ Bake tomatoes until they are soft and skinsbegin to shrivel, 35–45 minutes.
- ☐ Let coolslightly, then slip off skins. Discard herbs.
- ☐ DO AHEAD: Tomatoes can be made 5 daysahead. Cover tomatoes and oil and chill.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:5.696956542442%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg 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: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 117.24kcal (5.86%), Fat: 11.08g (17.04%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.19g (1.16%), Sugar: 2.99g (3.32%), Cholesterol: 0mg (0%), Sodium: 588.02mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Vitamin C: 16.37mg (19.84%), Vitamin A: 970.33IU (19.41%), Vitamin K: 15.81µg (15.06%), Vitamin E: 2.19mg (14.6%), Manganese: 0.29mg (14.53%), Potassium: 275.05mg (7.86%), Fiber: 1.54g (6.15%), Vitamin B6: 0.09mg (4.72%), Folate: 17.45µg (4.36%), Copper: 0.07mg (3.57%), Magnesium: 14.05mg (3.51%), Vitamin B3: 0.69mg (3.44%), Vitamin B1: 0.04mg (2.86%), Phosphorus: 28.04mg (2.8%), Iron: 0.5mg (2.79%), Calcium: 16.05mg (1.61%), Vitamin B2: 0.02mg (1.45%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.1mg (1.04%)