



Oven-Dried Tomato on Toast Rounds



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 12 inch bread baguette french toasted
- ☐ 24 basil leaves fresh
- ☐ 2 tablespoons herbs fresh chopped (rosemary, thyme, oregano)
- ☐ 6 garlic cloves thinly sliced
- ☐ 3 tablespoons olive oil
- ☐ 12 plum tomatoes peeled seeded cut in half lengthwise
- ☐ 0.5 teaspoon salt

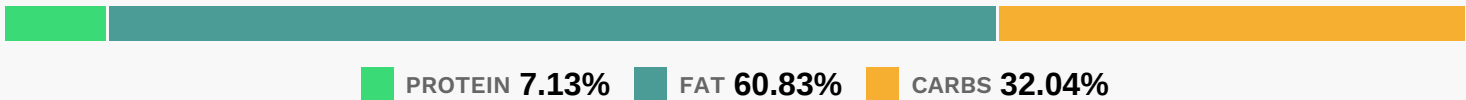
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 25
- ☐ Arrange tomato halves in a single layer in a 13 x 9-inch baking dish.
- ☐ Drizzle with oil; sprinkle with herbs, garlic, pepper, and salt.
- ☐ Bake at 250 for 4 hours.
- ☐ Place one dried tomato half on top of each toast round.
- ☐ Garnish each toast round with 1 basil leaf.

Nutrition Facts



Properties

Glycemic Index:11.77, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:2.0460869579212%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 26.04kcal (1.3%), Fat: 1.85g (2.85%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.89g (0.98%), Cholesterol: 0mg (0%), Sodium: 58.02mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin K: 10.79µg (10.27%), Vitamin A: 307.93IU (6.16%), Vitamin C: 5mg (6.06%), Manganese: 0.07mg (3.52%), Vitamin E: 0.43mg (2.86%), Potassium: 82.13mg (2.35%), Vitamin B6: 0.04mg (1.83%), Fiber: 0.45g (1.82%), Folate: 7.03µg (1.76%), Vitamin B1: 0.02mg (1.5%), Vitamin B3: 0.26mg (1.3%), Copper: 0.03mg (1.28%), Magnesium: 4.57mg (1.14%), Iron: 0.2mg (1.1%), Phosphorus: 10.47mg (1.05%)