

Oven-Dried Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients



2 tablespoons olive oil



1 pound plum tomatoes seeded

Equipment



baking sheet

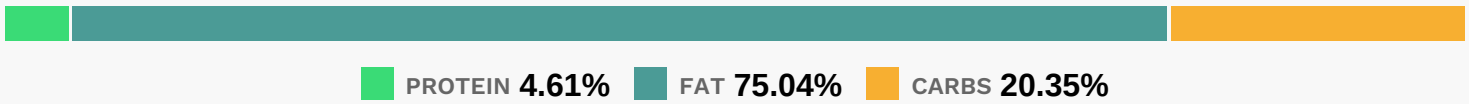


oven

Directions

- ☐
- Preheat oven to 300°F. Lightly oil rimmed baking sheet. Arrange tomatoes, cut side up, on prepared sheet.
- ☐
- Drizzle 2 tablespoons oil over tomatoes.
- ☐
- Sprinkle with salt and pepper.
- ☐
- Bake until tomatoes look slightly shriveled and are slightly brown around edges, about 1 hour 30 minutes. (Can be prepared 3 days ahead. Cover and refrigerate. Bring to room temperature before using.)

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.16, Inflammation Score:-6, Nutrition Score:4.844782570134%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 82.29kcal (4.11%), Fat: 7.23g (11.12%), Saturated Fat: 1g (6.24%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 5.81mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin A: 944.61IU (18.89%), Vitamin C: 15.54mg (18.83%), Vitamin K: 13.17µg (12.55%), Vitamin E: 1.62mg (10.8%), Potassium: 268.82mg (7.68%), Manganese: 0.13mg (6.46%), Fiber: 1.36g (5.44%), Vitamin B6: 0.09mg (4.54%), Folate: 17.01µg (4.25%), Vitamin B3: 0.67mg (3.37%), Copper: 0.07mg (3.35%), Magnesium: 12.47mg (3.12%), Vitamin B1: 0.04mg (2.8%), Phosphorus: 27.22mg (2.72%), Iron: 0.35mg (1.92%), Zinc: 0.19mg (1.29%), Vitamin B2: 0.02mg (1.27%), Calcium: 11.41mg (1.14%), Vitamin B5: 0.1mg (1.01%)