



Oven-Roasted Plum Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



24

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup olive oil extra-virgin



2.5 pounds plum tomatoes halved lengthwise

Equipment



baking sheet

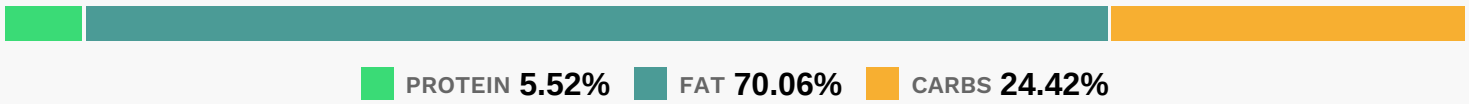


oven

Directions

- ☐
- Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray.
- ☐
- Remove seeds and juices from tomato halves. Arrange tomato halves, cut side up, on prepared sheet; sprinkle lightly with salt and pepper, then drizzle with oil. Roast tomatoes until slightly charred and tender, about 50 minutes. Cool completely on sheet. Spoon desired filling into each.

Nutrition Facts



Properties

Glycemic Index:1.58, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:1.972608682902%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 28.39kcal (1.42%), Fat: 2.34g (3.61%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.27g (0.46%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 2.41mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Vitamin A: 393.59IU (7.87%), Vitamin C: 6.47mg (7.85%), Vitamin K: 5.09µg (4.84%), Vitamin E: 0.58mg (3.86%), Potassium: 112mg (3.2%), Manganese: 0.05mg (2.69%), Fiber: 0.57g (2.27%), Vitamin B6: 0.04mg (1.89%), Folate: 7.09µg (1.77%), Vitamin B3: 0.28mg (1.4%), Copper: 0.03mg (1.39%), Magnesium: 5.2mg (1.3%), Vitamin B1: 0.02mg (1.17%), Phosphorus: 11.34mg (1.13%)