



Oven-Roasted Thyme Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



5

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 5 plum tomatoes quartered
- ☐ 0.5 teaspoon salt and pepper
- ☐ 1 tablespoon sugar
- ☐ 4 sprigs thyme leaves

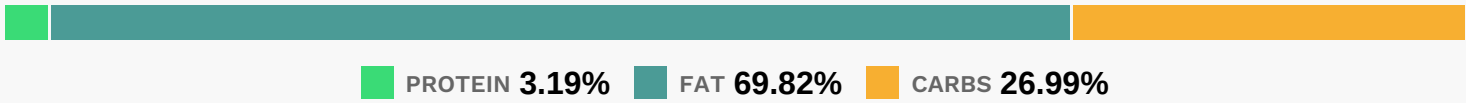
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 250F. Line baking sheet with parchment.
- ☐ Place tomatoes, cut side up, on it.
- ☐ Sprinkle with sugar, salt, pepper, thyme, and oil.
- ☐ Bake until tomatoes start to shrivel (45 minutes).
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.62, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:3.035652221059%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 70.71kcal (3.54%), Fat: 5.75g (8.84%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.14g (1.51%), Sugar: 4.03g (4.47%), Cholesterol: 0mg (0%), Sodium: 235.86mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin C: 9.77mg (11.85%), Vitamin A: 554.47IU (11.09%), Vitamin K: 8.27µg (7.88%), Vitamin E: 1.14mg (7.61%), Potassium: 151.96mg (4.34%), Manganese: 0.09mg (4.26%), Fiber: 0.86g (3.42%), Vitamin B6: 0.05mg (2.62%), Folate: 9.66µg (2.41%), Copper: 0.04mg (2.07%), Magnesium: 8.11mg (2.03%), Vitamin B3: 0.38mg (1.91%), Iron: 0.34mg (1.9%), Phosphorus: 15.73mg (1.57%), Vitamin B1: 0.02mg (1.55%)