



Oven-Roasted Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 84 oz tomatoes whole halved drained canned
- 0.5 cup basil leaves fresh loosely packed chopped
- 5 large garlic cloves halved
- 0.3 cup olive oil
- 1.5 teaspoons oregano dried
- 0.5 teaspoon pepper freshly ground
- 0.8 cup onion sweet coarsely chopped

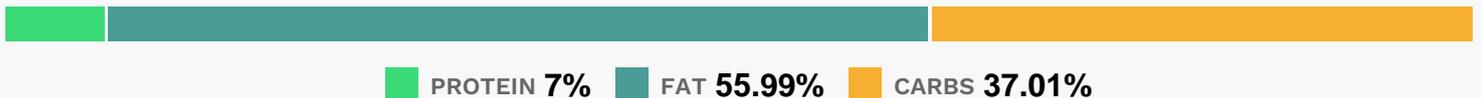
Equipment

- bowl
- frying pan
- oven
- wire rack
- aluminum foil
- colander

Directions

- Preheat oven to 30
- Place tomato halves in a colander, and press gently to remove excess liquid.
- Stir together tomatoes, onion, and remaining ingredients in a large bowl.
- Place tomato mixture in a single layer in an aluminum foil-lined 15- x 10-inch jelly-roll pan.
- Bake at 300 for 2 1/2 to 3 hours or until tomato mixture is deep red and lightly browned, stirring every 45 minutes. Cool in pan on a wire rack 15 to 20 minutes or until completely cool. Store in an airtight container in refrigerator up to 3 days.
- Place tomato mixture in an airtight container, and freeze up to 3 months. Thaw in refrigerator 24 hours.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:4.4547825948052%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 55.76kcal (2.79%), Fat: 3.78g (5.81%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.15g (3.5%), Cholesterol: 0mg (0%), Sodium: 171.02mg (7.44%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 11.71mg (14.19%), Vitamin E: 1.36mg (9.08%), Vitamin K: 9.16µg (8.72%), Vitamin B6: 0.15mg (7.6%), Iron: 1.28mg (7.13%), Potassium: 238.36mg (6.81%), Manganese: 0.13mg (6.48%), Fiber: 1.35g (5.39%), Copper: 0.09mg (4.58%), Vitamin B3: 0.87mg (4.37%), Calcium: 43.18mg (4.32%), Vitamin B2: 0.07mg (4.05%), Vitamin B1: 0.06mg (3.87%), Magnesium: 14.7mg (3.67%), Vitamin A: 173.91IU (3.48%), Folate: 11.7µg (2.92%), Phosphorus: 26.03mg (2.6%), Vitamin B5: 0.15mg (1.54%), Zinc: 0.19mg (1.28%)