



Oven-Roasted Tomatoes with Goat Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons olive oil extravirgin divided
- ☐ 2 tablespoons goat cheese crumbled
- ☐ 0.5 teaspoon kosher salt
- ☐ 12 rosemary sprigs
- ☐ 1.3 pounds tomatoes halved

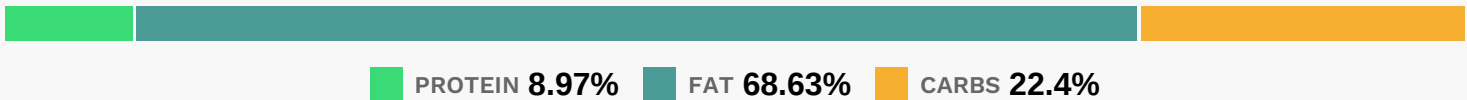
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 20
- ☐ Place a wire rack over a baking sheet; set aside.
- ☐ Combine tomatoes, 1 tablespoon oil, and vinegar; toss gently.
- ☐ Place tomatoes, cut sides up, on rack.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake at 200 for 6 hours or until tender and slightly syrupy (do not overbake or tomatoes will be tough and chewy).
- ☐ Remove from oven; cool completely.
- ☐ Place 1/2 teaspoon cheese onto each tomato half. Fold slightly; secure each tomato half with 1 rosemary sprig.
- ☐ Place on a serving platter; drizzle with the remaining 1 tablespoon oil.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:4.5047826342609%

Flavonoids

Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 73.8kcal (3.69%), Fat: 5.87g (9.03%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.07g (1.12%), Sugar: 2.93g (3.25%), Cholesterol: 2.15mg (0.72%), Sodium: 216.51mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin A: 842.09IU (16.84%), Vitamin C: 13.07mg

(15.84%), Vitamin K: 10.5µg (10%), Vitamin E: 1.19mg (7.94%), Potassium: 231.27mg (6.61%), Manganese: 0.13mg (6.54%), Fiber: 1.24g (4.96%), Copper: 0.09mg (4.65%), Vitamin B6: 0.09mg (4.55%), Folate: 15.36µg (3.84%), Phosphorus: 35.4mg (3.54%), Magnesium: 12.05mg (3.01%), Vitamin B3: 0.58mg (2.92%), Vitamin B1: 0.04mg (2.62%), Iron: 0.46mg (2.54%), Vitamin B2: 0.04mg (2.16%), Calcium: 19.8mg (1.98%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.12mg (1.17%)