



Quick-Roasted Cherry Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients



2 pints cherry tomatoes



4 servings kosher salt and pepper



1 tablespoon olive oil

Equipment



baking sheet

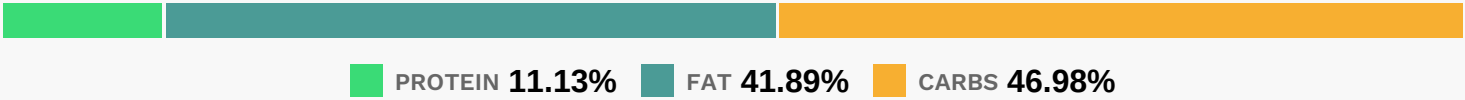


oven

Directions

- ☐ Heat oven to 400 F.
- ☐ Place the tomatoes on a rimmed baking sheet.
- ☐ Drizzle with the oil and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Roast until the tomatoes start to burst, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:9.3199998295825%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 73.53kcal (3.68%), Fat: 3.76g (5.78%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 7.83g (2.85%), Sugar: 5.89g (6.55%), Cholesterol: 0mg (0%), Sodium: 219.88mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin C: 53.94mg (65.38%), Vitamin A: 1156.92IU (23.14%), Potassium: 515.84mg (14.74%), Manganese: 0.25mg (12.45%), Vitamin E: 1.83mg (12.19%), Vitamin B6: 0.19mg (9.35%), Iron: 1.63mg (9.06%), Copper: 0.18mg (8.88%), Vitamin K: 8.73µg (8.32%), Folate: 30.76µg (7.69%), Fiber: 1.66g (6.62%), Phosphorus: 66.24mg (6.62%), Vitamin B3: 1.26mg (6.29%), Vitamin B1: 0.09mg (5.68%), Magnesium: 21.3mg (5.32%), Vitamin B2: 0.05mg (3.06%), Vitamin B5: 0.31mg (3.05%), Calcium: 26.18mg (2.62%), Zinc: 0.33mg (2.21%), Selenium: 1.18µg (1.69%)