



Roast tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 10 large vine tomatoes halved
- ☐ 4 garlic cloves sliced
- ☐ 0.5 bunch thyme leaves
- ☐ 3 tbsp balsamic vinegar
- ☐ 2 tbsp olive oil

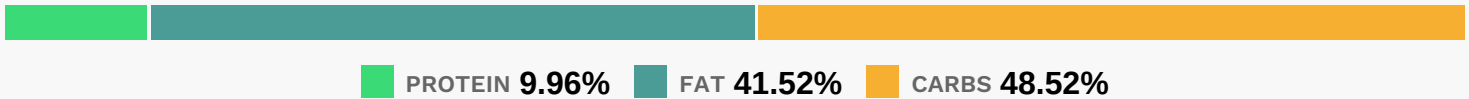
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Put the tomatoes on a baking sheet with the garlic and thyme, drizzle over the balsamic vinegar and olive oil,
- ☐ Add some seasoning and roast for 1 hr.
- ☐ Remove and set aside to cool.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:5.98, Inflammation Score:-10, Nutrition Score:18.713478352713%

Flavonoids

Naringenin: 3.09mg, Naringenin: 3.09mg, Naringenin: 3.09mg, Naringenin: 3.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 159.32kcal (7.97%), Fat: 7.93g (12.21%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 15.27g (5.55%), Sugar: 13.79g (15.32%), Cholesterol: 0mg (0%), Sodium: 26.2mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin C: 64.07mg (77.66%), Vitamin A: 3814.17IU (76.28%), Vitamin K: 40.21µg (38.3%), Potassium: 1106.93mg (31.63%), Manganese: 0.59mg (29.66%), Vitamin E: 3.47mg (23.12%), Fiber: 5.59g (22.37%), Vitamin B6: 0.4mg (20.15%), Folate: 68.57µg (17.14%), Copper: 0.28mg (14.17%), Vitamin B3: 2.73mg (13.66%), Magnesium: 53.04mg (13.26%), Phosphorus: 116.6mg (11.66%), Vitamin B1: 0.17mg (11.64%), Iron: 1.49mg (8.29%), Calcium: 56.26mg (5.63%), Zinc: 0.83mg (5.51%), Vitamin B2: 0.09mg (5.42%), Vitamin B5: 0.42mg (4.25%)