



Roasted Cherry Tomato and Fresh Herb Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons balsamic vinegar
- 6 cups cherry tomatoes halved
- 2 pound ciabatta bread halved
- 2 tablespoons marjoram fresh chopped
- 25 servings marjoram chopped
- 0.3 cup olive oil
- 25 servings olive oil
- 0.3 teaspoon pepper dried red crushed

4 shallots minced

Equipment

baking sheet

oven

cutting board

glass baking pan

Directions

Preheat oven to 375°F.

Mix tomatoes, 1/4 cup oil, shallots, vinegar, and crushed red pepper in 13x9x2-inch glass baking dish. Roast uncovered until tomatoes are very tender and juicy, stirring occasionally, about 45 minutes. Stir in 2 tablespoons marjoram. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.)

Brush cut surface of each bread half lightly with additional oil. Arrange bread, cut side up, on baking sheet. Distribute about 1 cup tomato mixture over each bread half.

Bake until bread is crusty, about 10 minutes.

Transfer to cutting board.

Sprinkle with additional marjoram and freshly ground black pepper.

Cut bread into squares and serve.

Nutrition Facts

 **PROTEIN 6.03%**  **FAT 61.3%**  **CARBS 32.67%**

Properties

Glycemic Index:4.48, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:3.9256521981695%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 238.45kcal (11.92%), Fat: 16.53g (25.43%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 18.63g (6.77%), Sugar: 1.31g (1.45%), Cholesterol: 0mg (0%), Sodium: 183.82mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Vitamin K: 19.62µg (18.69%), Vitamin E: 2.55mg (17.03%), Vitamin C: 9.2mg (11.15%), Iron: 1.23mg (6.81%), Vitamin A: 275.11IU (5.5%), Manganese: 0.1mg (5.23%), Fiber: 1.19g (4.77%), Potassium: 108.42mg (3.1%), Vitamin B6: 0.05mg (2.73%), Calcium: 25.87mg (2.59%), Folate: 9µg (2.25%), Copper: 0.04mg (2.11%), Magnesium: 7.68mg (1.92%), Phosphorus: 15.7mg (1.57%), Vitamin B1: 0.02mg (1.22%), Vitamin B3: 0.24mg (1.22%)