



## 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

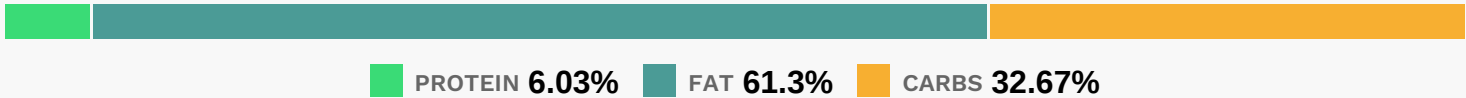
Equipment

- ☐ 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



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%)