



Roasted Cherry Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 2 pints cherry tomatoes
- 0.3 cup basil leaves fresh packed
- 3 garlic cloves peeled thinly sliced
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil

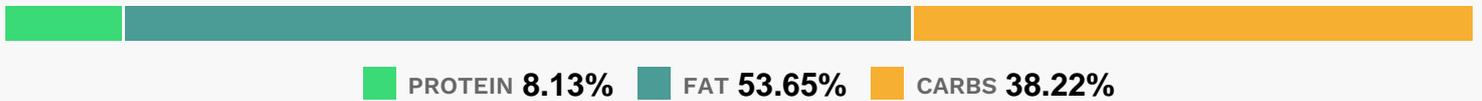
Equipment

- bowl
- sauce pan
- oven
- roasting pan
- stove

Directions

- Heat oven to 400 F.
- Combine all the ingredients except the basil in a roasting pan. Roast for 20 minutes, stirring occasionally, until the tomatoes are just bursting. Carefully transfer the tomatoes to a bowl and set aside.
- Place the roasting pan on the stove over medium heat (or transfer the liquid to a small saucepan) and reduce the liquid until slightly thickened, about 5 minutes. Toss the tomatoes with the basil.
- Drizzle some of the thickened balsamic sauce on each serving.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.91, Inflammation Score:-8, Nutrition Score:10.463478067647%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 115.36kcal (5.77%), Fat: 7.28g (11.2%), Saturated Fat: 1g (6.28%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 9.93g (3.61%), Sugar: 7.11g (7.9%), Cholesterol: 0mg (0%), Sodium: 319.14mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin C: 54.91mg (66.56%), Vitamin A: 1236.58IU (24.73%), Vitamin K: 17.2µg (16.38%), Manganese: 0.32mg (16.12%), Vitamin E: 2.35mg (15.65%), Potassium: 539.13mg (15.4%), Vitamin B6: 0.22mg (10.87%), Iron: 1.8mg (10%), Copper: 0.19mg (9.65%), Folate: 31.85µg (7.96%), Phosphorus:

72.15mg (7.21%), Fiber: 1.74g (6.97%), Vitamin B3: 1.29mg (6.44%), Vitamin B1: 0.09mg (6.02%), Magnesium: 23.89mg (5.97%), Calcium: 35.44mg (3.54%), Vitamin B2: 0.06mg (3.28%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.38mg (2.52%), Selenium: 1.51µg (2.16%)