



## Roasted Pesto Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



49 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 4 teaspoons preshredded parmesan cheese fresh
- 2 tablespoons commercial pesto
- 2 large tomatoes halved seeded

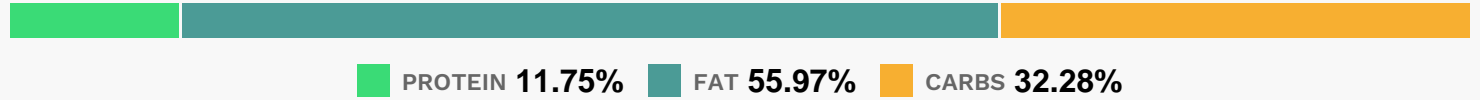
### Equipment

- oven
- muffin tray

## Directions

- Preheat oven to 50
- Place tomato halves, cut sides up, in a nonstick muffin pan. Top each with 1 1/2 teaspoons pesto; top each with 1 teaspoon Parmesan cheese.
- Bake at 500 for 10 minutes or until roasted.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:3.8660869513355%

## Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 49.33kcal (2.47%), Fat: 3.22g (4.95%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.64g (2.93%), Cholesterol: 1.28mg (0.43%), Sodium: 90.69mg (3.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin A: 917.04IU (18.34%), Vitamin C: 12.47mg (15.11%), Vitamin K: 7.21µg (6.86%), Potassium: 216.59mg (6.19%), Manganese: 0.1mg (5.2%), Fiber: 1.21g (4.85%), Vitamin B6: 0.07mg (3.69%), Folate: 13.72µg (3.43%), Calcium: 33.01mg (3.3%), Vitamin E: 0.49mg (3.29%), Phosphorus: 28.78mg (2.88%), Vitamin B3: 0.54mg (2.72%), Copper: 0.05mg (2.7%), Magnesium: 10.45mg (2.61%), Vitamin B1: 0.03mg (2.27%), Iron: 0.3mg (1.65%), Zinc: 0.18mg (1.21%), Vitamin B2: 0.02mg (1.21%)