



Roasted Roma Tomatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

- 0.5 cup feta cheese crumbled
- 1 teaspoon basil fresh chopped
- 1 teaspoon parsley fresh chopped
- 2 tablespoons garlic chopped
- 0.3 cup olive oil extra-virgin
- 1 teaspoon oregano fresh chopped
- 8 roma tomatoes seeds removed cut in half and (plum)
- 4 servings salt and pepper black to taste

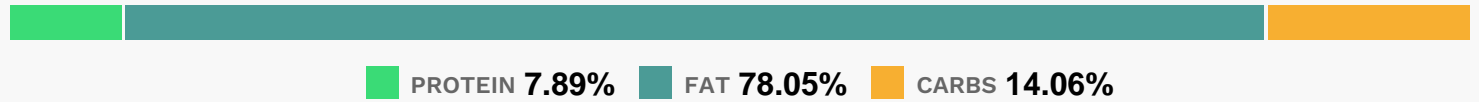
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Mix together the tomatoes, olive oil, garlic, parsley, basil, oregano, and salt and pepper in a bowl, working the seasonings into the cavities of the tomatoes.
- Place the tomatoes, cut sides up, on a baking sheet, and sprinkle each tomato with about 1 tablespoon of feta cheese.
- Bake the tomatoes in the preheated oven until cooked but still firm, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.84, Inflammation Score:-8, Nutrition Score:9.0143478124038%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 198.65kcal (9.93%), Fat: 17.82g (27.42%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 5.44g (1.98%), Sugar: 3.32g (3.69%), Cholesterol: 16.69mg (5.56%), Sodium: 414.83mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin A: 1124.33IU (22.49%), Vitamin C: 18.29mg (22.16%), Vitamin K: 21.95µg (20.91%), Vitamin E: 2.74mg (18.28%), Calcium: 120.4mg (12.04%), Manganese: 0.24mg (11.96%), Vitamin B6: 0.23mg (11.68%), Vitamin B2: 0.19mg (11.11%), Phosphorus: 99.84mg (9.98%), Potassium: 328.23mg (9.38%), Fiber: 1.79g (7.14%), Folate: 25.96µg (6.49%), Vitamin B1: 0.08mg (5.58%), Zinc: 0.81mg (5.41%), Vitamin B12: 0.32µg (5.28%), Magnesium: 19.59mg (4.9%), Vitamin B3: 0.97mg (4.87%), Selenium: 3.4µg (4.86%),

Copper: 0.09mg (4.73%), Iron: 0.79mg (4.38%), Vitamin B5: 0.32mg (3.2%)