



Roasted tomato, mozzarella & rocket

 Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 350 g plum tomatoes halved
- ☐ 1 tbsp olive oil plus more for drizzling
- ☐ 1 tbsp balsamic vinegar
- ☐ 9 servings thyme sprigs chopped
- ☐ 4 slices bread thick well (sourdough works)
- ☐ 125 g mozzarella cheese
- ☐ 3 basil
- ☐ 1 small handful arugula

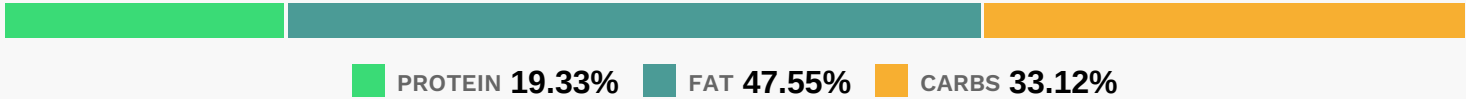
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Lay tomatoes, cut side up, in a roasting tray and drizzle with 1 tbsp olive oil, the balsamic vinegar and thyme. Season and cook for 30 mins.
- ☐ Meanwhile, toast bread until golden. Divide between 2 plates and top with the tomatoes. Scatter on mozzarella, basil leaves and rocket.
- ☐ Drizzle with olive oil and serve.

Nutrition Facts



Properties

Glycemic Index:160.33, Glycemic Load:17.41, Inflammation Score:-10, Nutrition Score:23.655217414317%

Flavonoids

Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 448.54kcal (22.43%), Fat: 24g (36.92%), Saturated Fat: 9.66g (60.34%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 32.48g (11.81%), Sugar: 9.86g (10.95%), Cholesterol: 49.38mg (16.46%), Sodium: 670.61mg (29.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.91%), Manganese: 1.01mg (50.63%), Vitamin A: 2364.11IU (47.28%), Calcium: 440.64mg (44.06%), Vitamin C: 32.9mg (39.88%), Selenium: 26.78µg (38.26%), Phosphorus: 347.32mg (34.73%), Vitamin K: 35.61µg (33.91%), Vitamin B12: 1.42µg (23.75%), Folate: 90.36µg (22.59%), Vitamin B2: 0.38mg (22.44%), Vitamin B3: 4.35mg (21.76%), Vitamin B1: 0.32mg (21.36%), Iron: 3.81mg (21.17%), Fiber: 5.14g (20.56%), Zinc: 2.84mg (18.96%), Potassium: 616.32mg (17.61%), Magnesium: 67.95mg (16.99%), Vitamin E: 2.23mg (14.84%), Vitamin B6: 0.25mg (12.46%), Copper: 0.23mg (11.5%), Vitamin B5: 0.77mg (7.66%), Vitamin D: 0.25µg (1.67%)