



Roasted Tomato Relish with Thyme



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil divided
- ☐ 2 pounds plum tomatoes halved lengthwise seeded
- ☐ 0.3 teaspoon salt
- ☐ 2 large shallots peeled

☐ 0.5 teaspoon sugar

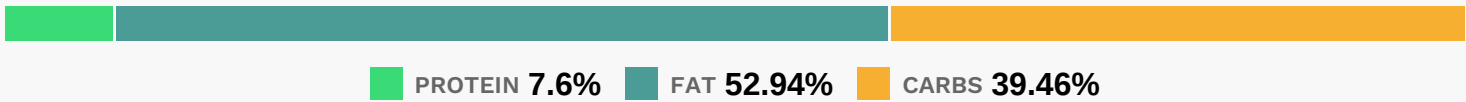
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Place the tomatoes, cut sides down, on a foil-lined baking sheet.
- ☐ Brush with 1 tablespoon oil; sprinkle with pepper.
- ☐ Bake at 350 for 50 minutes. Wrap shallots in foil; add to baking sheet.
- ☐ Bake an additional 40 minutes or until tomatoes are lightly charred and shallots are soft. Cool 10 minutes.
- ☐ Chop tomatoes and shallots; place in a medium bowl.
- ☐ Add remaining 1 tablespoon oil, vinegar, and remaining ingredients to bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:36.89, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:5.1030433825825%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 59.54kcal (2.98%), Fat: 3.74g (5.76%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 4.66g (1.69%), Sugar: 4.03g (4.47%), Cholesterol: 0mg (0%), Sodium: 79.72mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin C: 16.55mg (20.06%), Vitamin A: 957.11IU (19.14%), Vitamin K: 11.22µg (10.69%), Potassium: 295.78mg (8.45%), Manganese: 0.17mg (8.44%), Vitamin E: 1.12mg (7.47%), Fiber: 1.62g (6.48%), Vitamin B6: 0.12mg (5.9%), Folate: 19.27µg (4.82%), Copper: 0.08mg (3.82%), Magnesium: 14.63mg (3.66%), Vitamin B3: 0.69mg (3.47%), Phosphorus: 32.28mg (3.23%), Vitamin B1: 0.05mg (3.11%), Iron: 0.47mg (2.62%), Calcium: 16.24mg (1.62%), Zinc: 0.23mg (1.53%), Vitamin B2: 0.02mg (1.44%), Vitamin B5: 0.12mg (1.23%)