



Roasted tomatoes & red onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 2 onions red halved sliced
- ☐ 500 g tomatoes mixed such as baby plum, cherry and pomodorino
- ☐ 6 servings olive oil
- ☐ 3 garlic cloves
- ☐ 3 thyme sprigs

Equipment

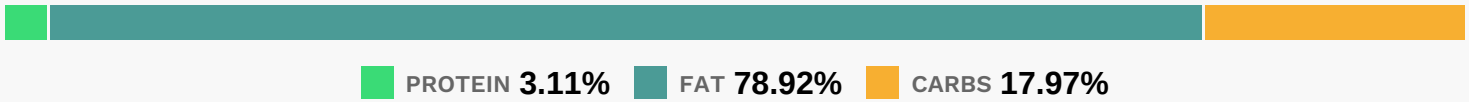
- ☐ oven
- ☐ baking pan

☐ aluminum foil

Directions

- ☐ Put the onion in the middle of a large square of double thickness foil. Fold up the sides of the foil to make a baking tray. Scatter the tomatoes on top of the onion and drizzle 3 tbsp olive oil over.
- ☐ Add the garlic and thyme and season.
- ☐ Put the foil on a rack on the barbecue and cook for about 15 mins, or until the onions and the tomatoes are tender. If you are using an oven, put everything into a roasting tray and cook at 220C / fan 200C / gas 7 for 20 mins.
- ☐ Serve with herb omelettes.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:5.4460869690646%

Flavonoids

Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 156.17kcal (7.81%), Fat: 14.22g (21.88%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 5.56g (2.02%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 6.21mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin C: 15.4mg (18.66%), Vitamin E: 2.47mg (16.5%), Vitamin K: 15.18µg (14.46%), Vitamin A: 718.79IU (14.38%), Manganese: 0.18mg (8.8%), Potassium: 260.23mg (7.44%), Fiber: 1.72g (6.9%), Vitamin B6: 0.13mg (6.55%), Folate: 19.74µg (4.93%), Copper: 0.07mg (3.54%), Magnesium: 14.01mg (3.5%), Vitamin B1: 0.05mg (3.4%), Phosphorus: 33.46mg (3.35%), Vitamin B3: 0.56mg (2.79%), Iron: 0.49mg (2.74%), Calcium: 21.65mg (2.16%), Vitamin B2: 0.03mg (1.75%), Zinc: 0.23mg (1.54%), Vitamin B5: 0.13mg (1.3%)