



Roasted Tomatoes with Garlic and Herbs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

Ingredients

- 2 tablespoons basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 teaspoon rosemary fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 2 tablespoons garlic minced
- 4 tablespoons olive oil
- 2 teaspoons oregano fresh chopped
- 8 servings salt and pepper

- 2 tablespoons shallots chopped
- 3 tomatoes red halved
- 3 tomatoes yellow halved

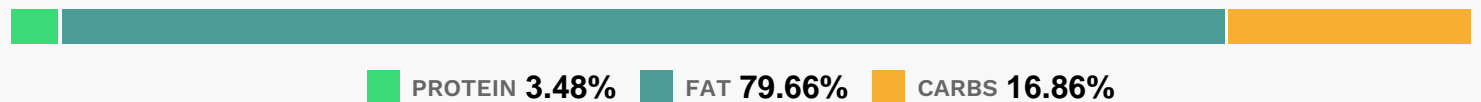
Equipment

- bowl
- oven
- baking pan

Directions

- Sprinkle tomatoes with salt and place, cut side down, on a paper towelled plate.
- Let stand 30 minutes to drain.
- Preheat oven to 425F. Mist a baking dish with cooking spray, then arrange tomato halves, cut side up, in a single layer in dish.
- In a small bowl, combine herbs, shallot and garlic.
- Add pepper, to taste.
- Spread herb mixture evenly over tomatoes.
- Drizzle with oil.
- Bake in oven until cooked through, about 20 minutes.
- Remove dish from oven, top with fresh basil and serve.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:3.8600000635437%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.17mg, Myricetin: 0.17mg,

Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 77.16kcal (3.86%), Fat: 7.14g (10.99%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 197.44mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin K: 21.3µg (20.28%), Vitamin C: 8.75mg (10.6%), Vitamin A: 485.62IU (9.71%), Vitamin E: 1.36mg (9.06%), Manganese: 0.13mg (6.72%), Potassium: 140.44mg (4.01%), Fiber: 0.99g (3.95%), Vitamin B6: 0.08mg (3.94%), Iron: 0.55mg (3.06%), Folate: 10.46µg (2.62%), Copper: 0.04mg (2.23%), Magnesium: 8.88mg (2.22%), Calcium: 21.01mg (2.1%), Phosphorus: 17.61mg (1.76%), Vitamin B3: 0.34mg (1.7%), Vitamin B1: 0.02mg (1.63%), Vitamin B2: 0.02mg (1.03%)