



Roasted Tomatoes with Shallots and Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



26 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



1 tablespoon flat-leaf parsley fresh chopped



2 teaspoons olive oil



0.5 teaspoon salt divided



0.3 cup shallots minced



4 medium tomatoes cut in half horizontally (2 pounds)



0.5 teaspoon or dried fresh chopped



1 teaspoon or dried fresh chopped

- ☐ 1 teaspoon or dried fresh chopped
- ☐ 1 teaspoon or dried fresh chopped

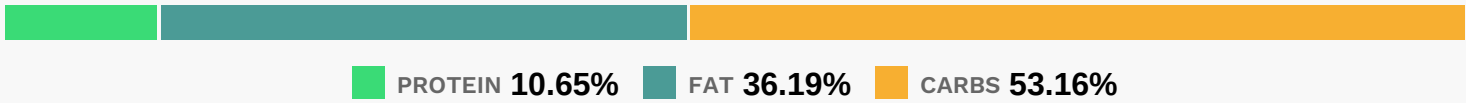
Equipment

- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Core and seed tomato halves.
- ☐ Sprinkle cut sides of tomato halves with 1/4 teaspoon salt.
- ☐ Place tomato halves, cut sides down, on paper towels.
- ☐ Let stand 20 minutes.
- ☐ Place tomato halves, cut sides up, in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with 1/4 teaspoon salt, shallot, and next 5 ingredients (shallot through pepper).
- ☐ Drizzle with oil.
- ☐ Bake at 350 for 1 hour and 15 minutes or until tomatoes soften.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:3.486521695619%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 25.94kcal (1.3%), Fat: 1.15g (1.76%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 2.73g (0.99%), Sugar: 2.21g (2.45%), Cholesterol: 0mg (0%), Sodium: 149.69mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin K: 15.97µg (15.2%), Vitamin C: 9.75mg (11.82%), Vitamin A: 560IU (11.2%), Manganese: 0.11mg (5.54%), Potassium: 175.17mg (5%), Fiber: 1.06g (4.22%), Vitamin B6: 0.08mg (3.81%), Vitamin E: 0.49mg (3.29%), Folate: 12.87µg (3.22%), Iron: 0.46mg (2.53%), Copper: 0.05mg (2.28%), Magnesium: 8.97mg (2.24%), Phosphorus: 19.84mg (1.98%), Vitamin B3: 0.39mg (1.97%), Vitamin B1: 0.03mg (1.89%), Calcium: 12.39mg (1.24%)