



Rosemary-Roasted Cherry Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 2 pints cherry tomatoes
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

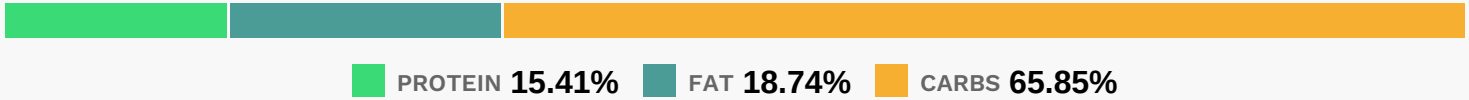
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Combine first 6 ingredients in a zip-top plastic freezer bag. Gently shake until tomatoes are well coated.
- ☐ Transfer to an aluminum foil-lined jelly-roll pan coated with cooking spray.
- ☐ Bake at 425, stirring occasionally, 15 minutes or until tomatoes begin to burst.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:9.4373912811279%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 54.02kcal (2.7%), Fat: 1.27g (1.96%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 8.35g (3.04%), Sugar: 5.91g (6.56%), Cholesterol: 0mg (0%), Sodium: 171.68mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Vitamin C: 54.42mg (65.96%), Vitamin A: 1158.83IU (23.18%), Potassium: 523.73mg (14.96%), Manganese: 0.29mg (14.51%), Vitamin B6: 0.21mg (10.3%), Vitamin E: 1.47mg (9.81%), Iron: 1.66mg (9.2%), Copper: 0.18mg (9.19%), Folate: 30.86µg (7.72%), Vitamin K: 7.46µg (7.1%), Fiber: 1.72g (6.9%), Phosphorus: 68.76mg (6.88%), Vitamin B3: 1.27mg (6.35%), Vitamin B1: 0.09mg (5.89%), Magnesium: 21.92mg (5.48%), Vitamin B2: 0.05mg (3.18%), Vitamin B5: 0.32mg (3.16%), Calcium: 29.51mg (2.95%), Zinc: 0.35mg (2.34%), Selenium: 1.4µg (2%)