



Sauteed Cherry Tomatoes with Garlic and Basil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil fresh minced
- ☐ 2 garlic cloves minced
- ☐ 2 pints grape tomatoes
- ☐ 2 tablespoons olive oil divided
- ☐ 8 servings salt and pepper

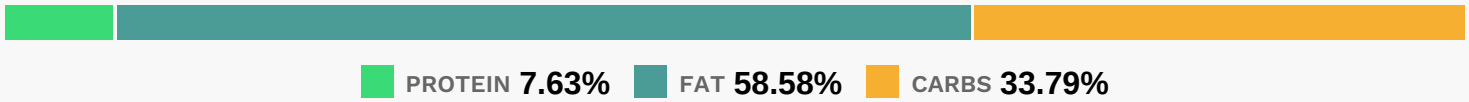
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 Tb. olive oil in a 12-inch skillet over medium-high flame until it just starts to smoke.
- ☐ Add tomatoes, and season with salt and pepper.
- ☐ Saute, shaking pan frequently, until tomatoes soften and skins just begin to wrinkle, about 2 minutes. Stir in the garlic and continue to shake the pan until garlic is fragrant. Off heat, stir in the basil and remaining 1 Tb. olive oil, then serve.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:4.9826086254224%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 53.41kcal (2.67%), Fat: 3.74g (5.76%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.42g (1.24%), Sugar: 3.12g (3.47%), Cholesterol: 0mg (0%), Sodium: 199.91mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Vitamin C: 16.49mg (19.98%), Vitamin A: 998.64IU (19.97%), Vitamin K: 12.5µg (11.91%), Potassium: 284.18mg (8.12%), Vitamin E: 1.15mg (7.64%), Manganese: 0.15mg (7.54%), Fiber: 1.44g (5.76%), Vitamin B6: 0.1mg (5.22%), Folate: 17.94µg (4.48%), Copper: 0.07mg (3.66%), Vitamin B3: 0.71mg (3.55%), Magnesium: 13.36mg (3.34%), Vitamin B1: 0.05mg (3.02%), Phosphorus: 29.68mg (2.97%), Iron: 0.36mg (2.01%), Zinc: 0.21mg (1.42%), Vitamin B2: 0.02mg (1.38%), Calcium: 13.78mg (1.38%), Vitamin B5: 0.11mg (1.1%)