



Sautéed Cherry Tomatoes with Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



34 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



4 cups cherry tomatoes



0.3 cup parsley fresh chopped



2 teaspoons olive oil



0.5 teaspoon salt



3 tablespoons shallots finely chopped 1 large

Equipment

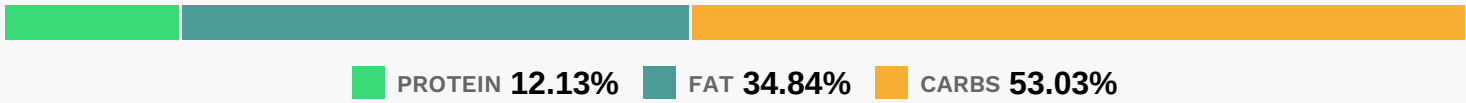


frying pan

Directions

- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add shallots; cook 2 1/2 minutes or until tender, stirring occasionally.
- ☐ Add tomatoes; cook 5 minutes or until slightly soft and thoroughly heated.
- ☐ Remove from heat. Stir in parsley, salt, and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:6.4565217261729%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 34.38kcal (1.72%), Fat: 1.47g (2.26%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.08g (1.48%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 206.76mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin K: 44.76µg (42.63%), Vitamin C: 26.37mg (31.97%), Vitamin A: 697IU (13.94%), Potassium: 248.26mg (7.09%), Manganese: 0.13mg (6.7%), Vitamin E: 0.77mg (5.13%), Iron: 0.91mg (5.04%), Vitamin B6: 0.1mg (4.91%), Folate: 18.43µg (4.61%), Copper: 0.08mg (4.19%), Fiber: 0.96g (3.84%), Phosphorus: 32.4mg (3.24%), Vitamin B3: 0.57mg (2.86%), Magnesium: 11.39mg (2.85%), Vitamin B1: 0.04mg (2.73%), Calcium: 16.73mg (1.67%), Vitamin B5: 0.15mg (1.54%), Vitamin B2: 0.03mg (1.5%), Zinc: 0.19mg (1.25%)