



Sautéed Grape Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



13 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 pt grape tomatoes halved
- ☐ 1 tablespoon brown sugar light
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt

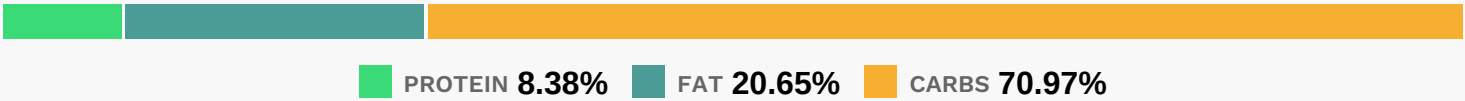
Equipment

- ☐ frying pan

Directions

- ☐ Saut tomatoes and next 3 ingredients in hot oil in a small skillet over medium-high heat 2 to 3 minutes or until thoroughly heated.
- ☐ Remove from heat, and stir in basil.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:5.0995652803584%

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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 52.32kcal (2.62%), Fat: 1.24g (1.91%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 8.18g (2.97%), Sugar: 7.82g (8.69%), Cholesterol: 0mg (0%), Sodium: 154.92mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin A: 1038.14IU (20.76%), Vitamin C: 16.39mg (19.86%), Vitamin K: 14.1µg (13.43%), Potassium: 300.78mg (8.59%), Manganese: 0.16mg (8.22%), Fiber: 1.44g (5.74%), Vitamin E: 0.79mg (5.27%), Vitamin B6: 0.1mg (4.87%), Folate: 18.45µg (4.61%), Copper: 0.08mg (3.91%), Magnesium: 15.37mg (3.84%), Vitamin B3: 0.71mg (3.57%), Phosphorus: 31.35mg (3.14%), Vitamin B1: 0.04mg (2.94%), Iron: 0.47mg (2.59%), Calcium: 19.43mg (1.94%), Zinc: 0.22mg (1.47%), Vitamin B2: 0.02mg (1.37%), Vitamin B5: 0.11mg (1.11%)