



Sautéed Tomatoes and Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons capers
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 pints grape tomatoes
- ☐ 8 servings kosher salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 6 shallots quartered

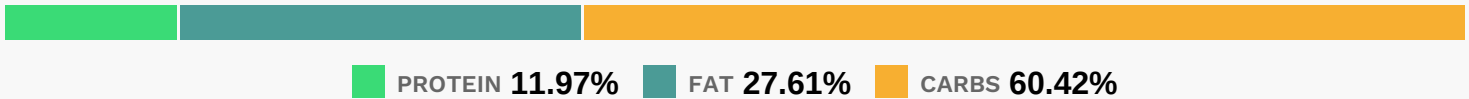
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the shallots and cook, stirring occasionally, until they begin to soften, 4 to 5 minutes.
- ☐ Add the tomatoes, 3/4 teaspoon salt, and 1/2 teaspoon pepper and cook, stirring, until a few of the tomatoes begin to burst, about 3 minutes.
- ☐ Add the wine and cook until nearly evaporated, 4 to 5 minutes. Stir in the capers.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:2.64, Inflammation Score:-8, Nutrition Score:8.119130326354%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 73.67kcal (3.68%), Fat: 2.14g (3.29%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 7.75g (2.82%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 261.08mg (11.35%), Alcohol: 1.54g (100%), Alcohol %: 0.91% (100%), Protein: 2.09g (4.18%), Vitamin C: 25.9mg (31.39%), Vitamin A: 1481.59IU (29.63%), Vitamin K: 15.77µg (15.02%), Potassium: 494.67mg (14.13%), Manganese: 0.28mg (13.83%), Fiber: 2.79g (11.17%), Vitamin B6: 0.21mg (10.73%), Folate: 33.6µg (8.4%), Vitamin E: 1.24mg (8.24%), Copper: 0.13mg (6.47%), Magnesium: 25.62mg (6.41%), Phosphorus: 56.74mg (5.67%), Vitamin B3: 1.12mg (5.6%), Vitamin B1: 0.08mg (5.2%), Iron: 0.79mg (4.39%), Calcium: 26.97mg (2.7%), Zinc: 0.4mg (2.68%), Vitamin B2: 0.04mg (2.5%), Vitamin B5: 0.22mg (2.2%)