



Savory Slow Roasted Tomatoes with Filet of Anchovy

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

Ingredients

- 4 tomatoes for this dish (we grow & use grappolo)
- 1 small handful herbs like: thym fresh chopped canned
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- 4 servings salt and pepper
- 4 servings olive oil extra virgin
- 8 anchovy packed in salt)
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Equipment

- frying pan
- baking paper
- oven
- baking pan

Directions

- Preheat oven to 150 C or 280 F
- Cut the top 3rd off the tomatoes & discard top.
- Place tomatoes on a baking tray, lined with parchment paper.
- Sprinkle generously with salt, pepper & herbs.
- Drizzle with a generous amount of olive oil.
- Place in the oven for 4–6 hours depending on the size of your tomatoes. Every once in a while as you pass the kitchen, baste the tomatoes in the juices & olive oil in the pan.
- Once the tomatoes shrivel up a bit & start to look sun-dried, they are ready. They should still hold their shape & not become mush.
- Remove from oven, top each tomato with a whole anchovy filet.
- Serve warm or room temperature with olive oil from the baking pan drizzled over the top.

Nutrition Facts

 **PROTEIN 10.16%**  **FAT 78.64%**  **CARBS 11.2%**

Properties

Glycemic Index:44.5, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:7.8769565217391%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Taste

Sweetness: 66.39%, Saltiness: 32.62%, Sourness: 100%, Bitterness: 25.42%, Savoriness: 23.32%, Fattiness: 73.28%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 167.09kcal (8.35%), Fat: 15.03g (23.12%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 3.32g (1.21%), Sugar: 3.24g (3.6%), Cholesterol: 9.6mg (3.2%), Sodium: 216.9mg (9.43%), Protein: 4.37g (8.74%), Vitamin A: 1085.34IU (21.71%), Vitamin K: 22.31µg (21.25%), Vitamin C: 17.03mg (20.64%), Vitamin E: 2.78mg (18.53%), Vitamin B3: 2.98mg (14.92%), Potassium: 355.92mg (10.17%), Selenium: 5.84µg (8.35%), Manganese: 0.16mg (8.17%), Vitamin B6: 0.12mg (6.14%), Fiber: 1.49g (5.97%), Phosphorus: 57.92mg (5.79%), Copper: 0.11mg (5.52%), Iron: 0.96mg (5.35%), Magnesium: 20.74mg (5.18%), Folate: 20.57µg (5.14%), Vitamin B2: 0.07mg (3.83%), Calcium: 37.85mg (3.78%), Vitamin B1: 0.05mg (3.64%), Zinc: 0.49mg (3.29%), Vitamin B5: 0.21mg (2.15%), Vitamin B12: 0.1µg (1.65%)