



## Scalloped Tomatoes

READY IN



55 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup basil leaves packed julienned
- 1 teaspoon pepper black freshly ground
- 2 cups bread from a boule diced french ()
- 3 cloves garlic minced
- 2 teaspoons kosher salt
- 6 servings olive oil good
- 1 cup parmesan cheese freshly grated
- 2.5 pounds plum tomatoes
- 2 tablespoons sugar

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F.
- Heat 3 tablespoons of olive oil in a large (12 inch) saute pan over medium heat.
- Add the bread cubes and stir to coat with the oil. Cook over medium to medium-high heat for 5 minutes, stirring often, until the cubes are evenly browned.
- Meanwhile, combine the tomatoes, garlic, sugar, salt, and pepper in a large bowl. When the bread cubes are done, add the tomato mixture and continue to cook, stirring often, for 5 minutes. Off the heat, stir in the basil.
- Pour the tomato mixture into a shallow (6 to 8 cup) baking dish.
- Sprinkle evenly with the Parmesan cheese and drizzle with 2 tablespoons of olive oil.
- Bake for 35 to 40 minutes until the top is browned and the tomatoes are bubbly.
- Serve hot or warm.

## Nutrition Facts



**PROTEIN 12.92%** **FAT 43.27%** **CARBS 43.81%**

## Properties

Glycemic Index:49.79, Glycemic Load:25.05, Inflammation Score:-9, Nutrition Score:22.041304487249%

## Flavonoids

Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg 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: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 462.96kcal (23.15%), Fat: 22.66g (34.86%), Saturated Fat: 5.12g (32.03%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 46.05g (16.75%), Sugar: 13.52g (15.02%), Cholesterol: 14.5mg (4.83%), Sodium: 1450.02mg (63.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.46%), Manganese: 1.26mg (63.12%), Selenium: 28.81µg (41.15%), Vitamin A: 1827.55IU (36.55%), Vitamin K: 36.38µg (34.65%), Vitamin C: 26.88mg (32.58%), Vitamin B3: 5.58mg (27.88%), Calcium: 273.2mg (27.32%), Vitamin B1: 0.4mg (26.84%), Phosphorus: 256.7mg (25.67%), Folate: 97.84µg (24.46%), Fiber: 5.57g (22.28%), Vitamin E: 3.29mg (21.95%), Iron: 3.63mg (20.18%), Vitamin B2: 0.3mg (17.45%), Potassium: 606.51mg (17.33%), Magnesium: 61.2mg (15.3%), Vitamin B6: 0.27mg (13.75%), Zinc: 1.9mg (12.69%), Copper: 0.25mg (12.62%), Vitamin B5: 0.89mg (8.87%), Vitamin B12: 0.22µg (3.75%)