



Slow-cooked tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 6 medium vine tomatoes
- ☐ 2 garlic cloves
- ☐ 4 servings rosemary leaves
- ☐ 4 servings sherry vinegar
- ☐ 4 servings balsamic vinegar
- ☐ 4 servings olive oil

Equipment

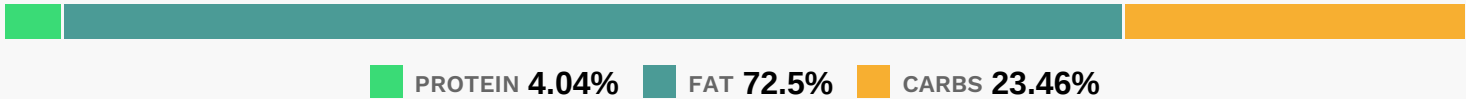
- ☐ oven

☐ roasting pan

Directions

- ☐ Can be made up to 2 days ahead.
- ☐ Heat oven to 120C/fan 100C/gas . Halve the tomatoes widthways and place, cut-side up, in a roasting pan. Peel the garlic cloves and slice very thinly into slivers. Put a sliver on each tomato, season and scatter over thyme or rosemary leaves.
- ☐ Sprinkle each with sherry vinegar, then with balsamic vinegar and finally with olive oil.
- ☐ Bake for 2–3 hrs until soft and slightly shrivelled.
- ☐ Remove and cool.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:8.5013042869775%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg 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: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 174.57kcal (8.73%), Fat: 14.39g (22.14%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 8.19g (2.98%), Sugar: 7.26g (8.07%), Cholesterol: 0mg (0%), Sodium: 13.89mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin C: 25.83mg (31.31%), Vitamin A: 1540.15IU (30.8%), Vitamin K: 23.03µg (21.93%), Vitamin E: 3.01mg (20.09%), Potassium: 464.25mg (13.26%), Manganese: 0.26mg (13.03%), Fiber: 2.29g (9.15%), Vitamin B6: 0.17mg (8.4%), Folate: 28.03µg (7.01%), Copper: 0.12mg (5.93%), Magnesium: 23.01mg (5.75%), Vitamin B3: 1.11mg (5.54%), Phosphorus: 50.08mg (5.01%), Vitamin B1: 0.07mg (4.79%), Iron: 0.77mg (4.27%), Calcium: 27.2mg (2.72%), Zinc: 0.35mg (2.32%), Vitamin B2: 0.04mg (2.18%), Vitamin B5: 0.17mg (1.73%)