



Slow-Roasted Cherry Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



155 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 sprigs thyme leaves fresh
- 2 cloves garlic thinly sliced
- 4 cups grape tomatoes
- 0.5 teaspoon kosher salt
- 0.3 cup olive oil extra-virgin
- 1 shallots thinly sliced

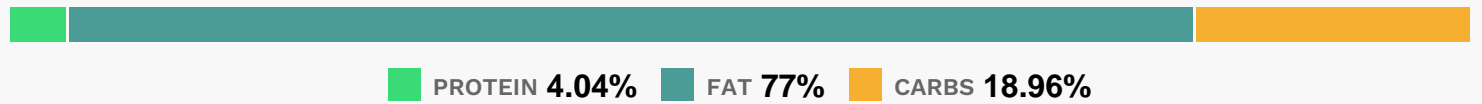
Equipment

- oven
- baking pan

Directions

- Preheat oven to 250F. Arrange cherry tomatoes in a single layer in a 9-by-13-inch glass or ceramic baking dish. Top with thyme sprigs, garlic and shallot; season with salt and pepper.
- Drizzle with olive oil and stir to combine.
- Bake, stirring occasionally, until tomatoes pop and ooze, 2 1/2 to 3 hours.
- Remove baking dish from the oven and discard thyme sprigs. Use immediately or let cool and transfer to a covered container. Refrigerate until ready to use. Tomatoes will keep for 3 days.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:1.98, Inflammation Score:-9, Nutrition Score:7.5760870303797%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 154.22kcal (7.71%), Fat: 13.83g (21.28%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 5.48g (1.99%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 299.52mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 22.98mg (27.86%), Vitamin A: 1289.75IU (25.79%), Vitamin K: 20.18µg (19.22%), Vitamin E: 2.75mg (18.36%), Manganese: 0.25mg (12.35%), Potassium: 387.97mg (11.08%), Fiber: 2.19g (8.76%), Vitamin B6: 0.16mg (8.16%), Folate: 24.99µg (6.25%), Copper: 0.11mg (5.27%), Magnesium: 19.9mg (4.97%), Vitamin B3: 0.93mg (4.64%), Phosphorus: 43.06mg (4.31%), Iron: 0.77mg (4.26%), Vitamin B1: 0.06mg (4.17%), Calcium: 24.85mg (2.48%), Vitamin B2: 0.04mg (2.13%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.17mg (1.66%)