



Slow-Roasted Grape Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



190 min.

SERVINGS



8

CALORIES



39 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon basil dried
- 2 pounds grape tomatoes halved lengthwise
- 1 tablespoon olive oil extra-virgin
- 0.5 teaspoon oregano dried
- 0.5 teaspoon salt
- 1.5 teaspoons sugar

Equipment

baking sheet

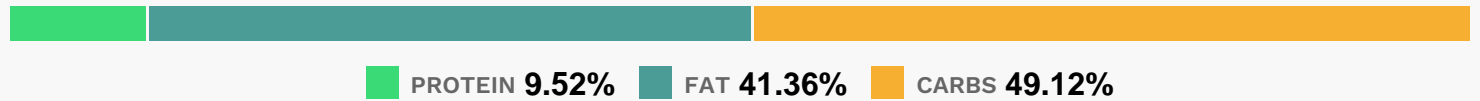
oven

Directions

Preheat oven to 20

Combine first 7 ingredients, tossing gently to coat. Arrange tomatoes, cut sides up, on a baking sheet coated with cooking spray. Roast at 200 for 3 hours.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:4.7295652791534%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 39.4kcal (1.97%), Fat: 1.99g (3.06%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 3.86g (1.4%), Sugar: 3.74g (4.15%), Cholesterol: 0mg (0%), Sodium: 151.15mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin A: 947.54IU (18.95%), Vitamin C: 15.54mg (18.84%), Vitamin K: 11.96µg (11.39%), Potassium: 272.87mg (7.8%), Manganese: 0.15mg (7.5%), Vitamin E: 0.89mg (5.96%), Fiber: 1.45g (5.81%), Vitamin B6: 0.09mg (4.65%), Folate: 17.51µg (4.38%), Copper: 0.07mg (3.5%), Vitamin B3: 0.68mg (3.42%), Magnesium: 13.37mg (3.34%), Vitamin B1: 0.04mg (2.82%), Phosphorus: 27.67mg (2.77%), Iron: 0.43mg (2.37%), Calcium: 15.13mg (1.51%), Vitamin B2: 0.02mg (1.37%), Zinc: 0.2mg (1.35%), Vitamin B5: 0.1mg (1.03%)