



## Slow Roasted Tomato Tatin



Vegetarian



Popular

READY IN



165 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons butter
- ☐ 2 pounds cherry tomatoes
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 onions thinly sliced
- ☐ 2 pounds plum tomatoes cut in half
- ☐ 1 sheet puff pastry

- ☐ 6 servings salt and pepper to taste
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 2 tablespoons water

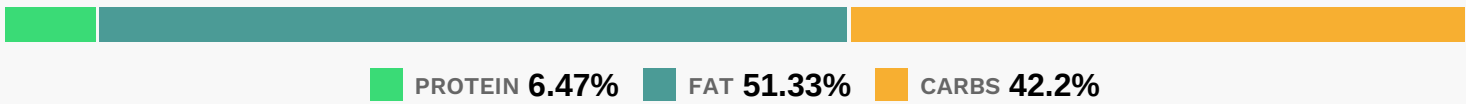
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Sprinkle the cut sides of the tomatoes with salt and pepper.
- ☐ Heat the sugar and water in an oven proof skillet over medium heat until the sugar turns liquid and lightly golden brown, about 10 minutes.Carefully add the vinegar, wait for the caramel to stop sputtering, remove from heat and add the garlic, thyme and oil.
- ☐ Place the tomatoes face down in the sauce and bake in a preheated 275 oven for 2 hours.Melt the butter in a pan over medium heat, add the onions and cook until caramelized and a deep golden brown, add 2 tablespoons of water and deglaze the pan and set aside.
- ☐ Place the onions on top of the tomatoes.
- ☐ Roll the puff pastry out and cut a circle a little larger that the pan.
- ☐ Place the pastry over the tomatoes in the pan folding the edges over and cut three slits into the top to vent steam.bake in a preheated 450F oven until golden brown, about 20-30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:61.02, Glycemic Load:17.02, Inflammation Score:-9, Nutrition Score:16.820434710254%

## Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 377.8kcal (18.89%), Fat: 22.21g (34.17%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 36.91g (13.42%), Sugar: 16.4g (18.22%), Cholesterol: 10.03mg (3.34%), Sodium: 352.91mg (15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Vitamin C: 58.75mg (71.21%), Vitamin A: 2132.52IU (42.65%), Manganese: 0.61mg (30.39%), Vitamin K: 24.65µg (23.47%), Potassium: 779.71mg (22.28%), Folate: 81.47µg (20.37%), Vitamin B1: 0.29mg (19.48%), Vitamin B3: 3.46mg (17.31%), Fiber: 4.18g (16.71%), Selenium: 11.05µg (15.78%), Vitamin E: 2.34mg (15.57%), Vitamin B6: 0.31mg (15.33%), Iron: 2.69mg (14.95%), Copper: 0.27mg (13.55%), Phosphorus: 117.77mg (11.78%), Vitamin B2: 0.19mg (11.34%), Magnesium: 42.01mg (10.5%), Zinc: 0.78mg (5.17%), Calcium: 50.34mg (5.03%), Vitamin B5: 0.39mg (3.87%)