



Slow-roasted Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black freshly ground
- 2 basil leaves fresh
- 0.3 cup olive oil extra-virgin
- 1 oregano sprig fresh
- 0.3 teaspoon salt
- 1 thyme sprig fresh
- 3 medium tomatoes cut in half

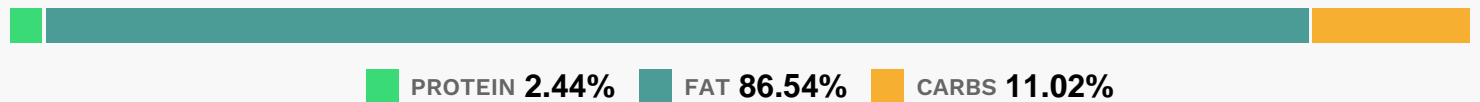
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 22
- Sprinkle cut side of tomatoes with salt and pepper.
- Place tomatoes, cut-side down, in bottom of a 13- x 9-inch baking dish. Top with oregano and remaining ingredients. Cover with foil; bake at 225 for 2 hours.
- Remove from oven, and cut slits in top of foil, allowing steam to escape.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:3.2700000024684%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 91.53kcal (4.58%), Fat: 9.14g (14.06%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.76g (0.64%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 100.23mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin K: 12µg (11.43%), Vitamin E: 1.66mg (11.07%), Vitamin A: 531.57IU (10.63%), Vitamin C: 8.73mg (10.58%), Manganese: 0.1mg (4.75%), Potassium: 150.57mg (4.3%), Fiber: 0.86g (3.44%), Vitamin B6: 0.05mg (2.61%), Folate: 9.83µg (2.46%), Copper: 0.04mg (2%), Magnesium: 7.73mg (1.93%), Vitamin B3: 0.38mg (1.89%), Iron: 0.33mg (1.82%), Vitamin B1: 0.02mg (1.55%), Phosphorus: 15.41mg (1.54%), Calcium: 10.38mg (1.04%)