



HEALTH SCORE

71%

Slow-Roasted Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



4080 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

Ingredients



6 garlic clove minced



5 tablespoons olive oil extra virgin extra-virgin



4 pounds plum tomatoes halved lengthwise

Equipment



oven

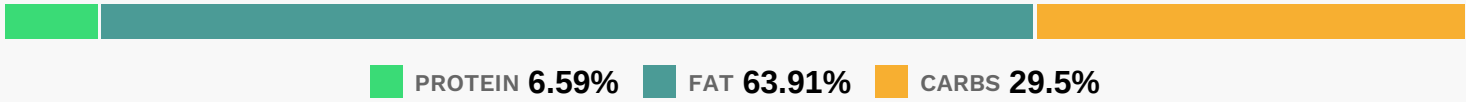


baking pan

Directions

- ☐ Preheat oven to 200°F.
- ☐ Put tomatoes, cut sides up, in 2 large shallow baking pans.
- ☐ Combine garlic and oil and spoon over tomatoes. Season tomatoes with salt and pepper and roast in oven 6 to 8 hours (tomatoes will be reduced in size but will retain their shape). Cool tomatoes.
- ☐ Roasted tomatoes keep in an airtight container, chilled, 2 weeks. Bring to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:5.06, Inflammation Score:-10, Nutrition Score:19.303478393866%

Flavonoids

Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 243.05kcal (12.15%), Fat: 18.43g (28.35%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 13.6g (4.94%), Sugar: 11.97g (13.3%), Cholesterol: 0mg (0%), Sodium: 23.79mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin C: 63.55mg (77.03%), Vitamin A: 3778.83IU (75.58%), Vitamin K: 46.45µg (44.23%), Vitamin E: 4.97mg (33.15%), Potassium: 1093.23mg (31.24%), Manganese: 0.59mg (29.62%), Fiber: 5.54g (22.15%), Vitamin B6: 0.42mg (20.93%), Folate: 68.17µg (17.04%), Copper: 0.28mg (14.05%), Vitamin B3: 2.73mg (13.63%), Magnesium: 51.02mg (12.76%), Vitamin B1: 0.18mg (11.79%), Phosphorus: 115.75mg (11.57%), Iron: 1.4mg (7.77%), Zinc: 0.82mg (5.49%), Calcium: 53.68mg (5.37%), Vitamin B2: 0.09mg (5.36%), Vitamin B5: 0.43mg (4.31%)