



Slow-Roasted Tomatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



300 min.

SERVINGS



8

CALORIES



31 kcal

SIDE DISH

Ingredients

- ☐ 28 ounce canned tomatoes italian drained canned
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted cut into small pieces

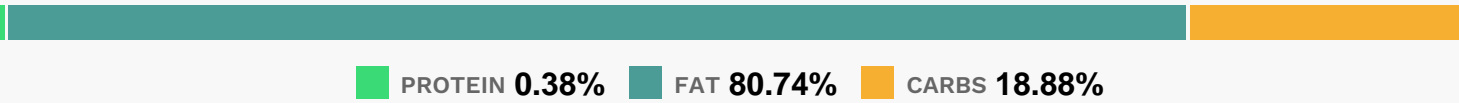
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F with rack in middle. Lightly butter an 8-inch shallow baking dish.
- ☐ Stir together sugar, salt, and 1/4 teaspoon pepper in a cup.
- ☐ Put tomatoes in baking dish and sprinkle all over with sugar mixture. Dot tomatoes with butter, then bake until tomatoes are partially collapsed and deeply caramelized in places, 1 to 2 hours.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:0.15391304433022%

Nutrients (% of daily need)

Calories: 30.87kcal (1.54%), Fat: 2.84g (4.37%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.5g (0.54%), Sugar: 1.5g (1.67%), Cholesterol: 7.53mg (2.51%), Sodium: 145.74mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin A: 87.46IU (1.75%)