



Smoked Summer Tomato Basil Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup basil fresh chopped
- ☐ 8 servings sea salt to taste
- ☐ 2 large tomatoes smoked peeled seeded chopped (see Cook's Note)
- ☐ 1 cup butter unsalted room temperature (2 sticks)

Equipment

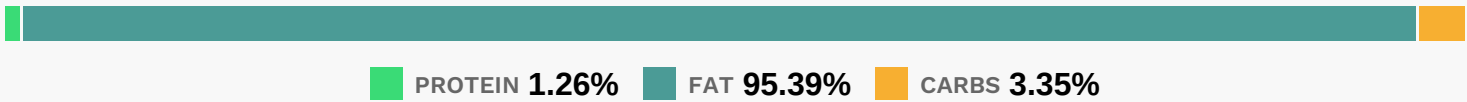
- ☐ bowl
- ☐ frying pan
- ☐ whisk

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Whisk all the ingredients together in a small bowl. (You can prepare the butter 2 to 3 days in advance and store it, covered, in the refrigerator.) Bring to room temperature before serving.
- ☐ To smoke tomatoes, first cut out the cores so the smoke can reach inside then place the tomatoes in a disposable aluminum pan that will fit on your grill.
- ☐ Drizzle the tomatoes with a little olive oil and season with salt and pepper or just go plain. Prepare an indirect fire in your grill, with a medium-hot fire on one side and no fire on the other. If you have a charcoal grill, soak 1/2 cup wood chips (mesquite gives the most smoke flavor) in water for 30 minutes before smoking; if you have a gas grill, place dry wood chips in your grill's metal smoker box or fashion an aluminum foil packet, enclose the dry chips, and poke holes in the top of the foil. When ready to grill, drain, then scatter the soaked wood chips on the charcoal fire, replace the grill rack, and place the pan of tomatoes on the indirect (or no-fire) side. For a gas grill, place the packet of dry wood chips in the back of a gas grill over direct heat; place the tomatoes on the indirect (or no-fire) side. When you see the first wisp of smoke, close the lid of the grill and smoke the tomatoes until they have a burnished appearance and a smoky aroma, 15 to 20 minutes.
- ☐ Remove the tomatoes from the grill and let cool. Once they are cool enough to handle, slip off the tomato skins, remove most of the seeds, and chop the tomatoes.
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Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:3.4408695736657%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 211.98kcal (10.6%), Fat: 23.12g (35.56%), Saturated Fat: 14.59g (91.18%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.26g (0.46%), Sugar: 1.22g (1.35%), Cholesterol: 61.01mg (20.34%), Sodium: 199.25mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin A: 1167.23IU (23.34%), Vitamin K: 11.81µg (11.24%), Vitamin C: 6.5mg (7.88%), Vitamin E: 0.92mg (6.11%), Manganese: 0.07mg (3.54%), Potassium: 119.11mg (3.4%), Vitamin D: 0.43µg (2.84%), Fiber: 0.57g (2.28%), Folate: 8.7µg (2.17%), Vitamin B6: 0.04mg (1.98%), Copper: 0.04mg (1.87%), Phosphorus: 18.57mg (1.86%), Magnesium: 6.54mg (1.63%), Vitamin B3: 0.3mg (1.48%), Calcium: 14.14mg (1.41%), Vitamin B1: 0.02mg (1.25%), Vitamin B2: 0.02mg (1.14%)