



## Smoked Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons oil extravirgin
- 3 tablespoons parsley fresh finely chopped
- 1 garlic clove minced
- 2 tablespoons parmesan cheese fresh grated
- 2 cups wood chips divided
- 0.3 teaspoon salt
- 3 tomatoes firm ripe seeded cut in half crosswise and ( 1 1/2 pounds)

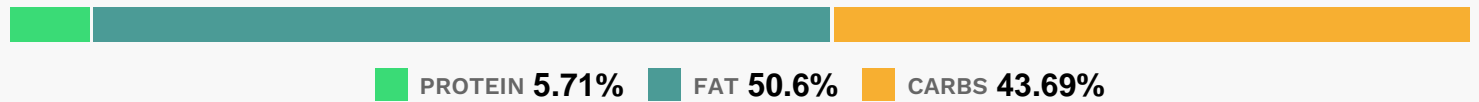
# Equipment

grill

# Directions

- Soak wood chips in water 30 minutes; drain well.
- Prepare grill for indirect grilling, heating one side to high and leaving one side with no heat.
- Place 1 cup wood chips on hot coals. When chips begin to smoke, coat grill rack with cooking spray, and place on grill.
- Place tomato halves, cut sides down, on unheated side of grill. Cover and cook 18 minutes or just until tomatoes are tender.
- Add additional chips halfway through cooking time, if necessary.
- Place tomatoes, cut sides up, on a serving platter; drizzle with oil.
- Combine parsley and remaining ingredients; sprinkle over tomatoes.
- Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:37.22, Glycemic Load:13.74, Inflammation Score:-6, Nutrition Score:8.5321739923371%

# Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

# Nutrients (% of daily need)

Calories: 236.32kcal (11.82%), Fat: 13.7g (21.08%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 22.22g (8.08%), Sugar: 1.65g (1.84%), Cholesterol: 1.13mg (0.38%), Sodium: 514.34mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin K: 38.92µg (37.07%), Vitamin C: 16.21mg (19.65%), Fiber: 4.41g (17.62%), Potassium: 501.72mg (14.33%), Manganese: 0.28mg (14.13%), Vitamin A: 694.75IU

(13.89%), Vitamin B3: 2.17mg (10.84%), Vitamin B6: 0.2mg (10.06%), Phosphorus: 89.24mg (8.92%), Iron: 1.37mg (7.61%), Folate: 29.77µg (7.44%), Magnesium: 23.11mg (5.78%), Vitamin B1: 0.08mg (5.64%), Vitamin B5: 0.5mg (5.01%), Vitamin E: 0.59mg (3.91%), Calcium: 37.44mg (3.74%), Copper: 0.07mg (3.44%), Zinc: 0.44mg (2.93%), Vitamin B2: 0.04mg (2.62%), Selenium: 0.85µg (1.22%)