



Tomato Casserole

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup day old bread crumbs
- ☐ 6 servings serving suggestion: crusty bread
- ☐ 1 cup feta crumbled
- ☐ 3 tablespoons flat parsley chopped
- ☐ 1 tablespoon marjoram chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon paprika
- ☐ 2 pounds plum tomatoes ripe

☐ 6 servings salt and pepper black freshly ground

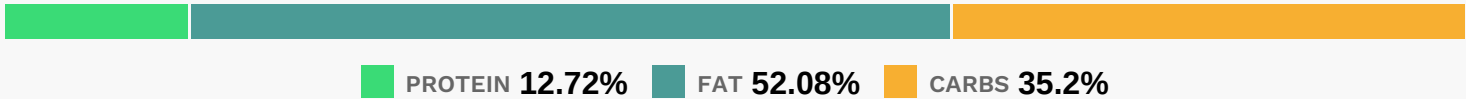
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Brush a casserole dish with olive oil. Slice tomatoes evenly 1/8-inch thick and place 1 layer in a 1 1/2-quart casserole. Season with salt and pepper; sprinkle with half of herbs and all of feta. Do another layer of tomatoes and repeat process with herbs and salt. Top with bread crumbs and paprika, and cook in the oven for 40 minutes.
- ☐ Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:14.920000011506%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 231.98kcal (11.6%), Fat: 13.74g (21.14%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 17.91g (6.51%), Sugar: 5.2g (5.78%), Cholesterol: 22.25mg (7.42%), Sodium: 432.1mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.1%), Vitamin K: 53.11µg (50.58%), Vitamin A: 1725.08IU (34.5%), Vitamin C: 23.55mg (28.54%), Manganese: 0.39mg (19.47%), Vitamin B2: 0.32mg (19.05%), Vitamin B1: 0.28mg (18.63%), Calcium: 182.5mg (18.25%), Phosphorus: 154.67mg (15.47%), Folate: 55.3µg (13.83%), Vitamin E: 2mg (13.36%), Vitamin B6: 0.26mg (13.15%), Potassium: 435.44mg (12.44%), Vitamin B3: 2.46mg (12.31%), Selenium: 8.61µg (12.31%), Fiber: 2.99g (11.95%), Iron: 2mg (11.1%), Zinc: 1.3mg (8.65%), Magnesium: 32.36mg (8.09%), Vitamin

B12: 0.49µg (8.09%), Copper: 0.16mg (7.75%), Vitamin B5: 0.5mg (4.97%)