



Tomato Gratin with White Cheddar Breadcrumbs

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- 1 cup breadcrumbs made from bread fresh french
- 28 ounce canned tomatoes whole drained well canned
- 3 tablespoons chives fresh chopped
- 4 large garlic cloves minced
- 2 tablespoons plum brandy dry
- 2 tablespoons olive oil extra-virgin
- 1 cup cheddar cheese white grated

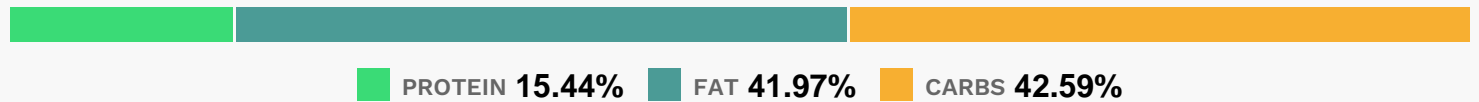
Equipment

- bowl
- oven

Directions

- Preheat oven to 350°F.
- Mix tomatoes, garlic, 2 1/2 tablespoons chives, and Marsala in bowl to blend; season to taste with salt and pepper.
- Transfer to 8-inch-diameter gratin dish with 1 1/2-inch-high sides.
- Mix breadcrumbs, cheese, and olive oil in large bowl to blend. Season topping to taste with salt and pepper.
- Sprinkle topping over tomatoes.
- Bake until juices bubble and topping is golden brown, about 40 minutes.
- Let stand 10 minutes.
- Sprinkle with remaining 1/2 tablespoon chives and serve.

Nutrition Facts



Properties

Glycemic Index:33.11, Glycemic Load:13.1, Inflammation Score:-6, Nutrition Score:14.931304351143%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 279.9kcal (14%), Fat: 13.25g (20.38%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 26.08g (9.48%), Sugar: 8.58g (9.53%), Cholesterol: 18.83mg (6.28%), Sodium: 485.24mg (21.1%), Alcohol: 0.76g (100%), Alcohol %: 0.48% (100%), Protein: 10.96g (21.93%), Manganese: 0.76mg (37.95%), Selenium: 17.8µg (25.43%), Calcium: 232.87mg (23.29%), Vitamin B3: 3.87mg (19.33%), Phosphorus: 183.84mg (18.38%), Vitamin B1: 0.27mg (18.19%), Iron: 3.27mg (18.14%), Vitamin E: 2.55mg (16.98%), Fiber: 4.17g (16.68%), Vitamin C: 13.75mg (16.66%), Copper: 0.32mg (15.86%), Vitamin B2: 0.26mg (15.06%), Vitamin K: 15.43µg (14.7%), Vitamin B6: 0.28mg (14.1%), Folate: 56.31µg (14.08%), Potassium: 474.84mg (13.57%), Magnesium: 49.29mg (12.32%), Vitamin A: 539.41IU (10.79%), Zinc: 1.49mg (9.96%), Vitamin B5: 0.79mg (7.87%), Vitamin B12: 0.2µg (3.33%)