



WHATSheATE



Tomato & onion bake with goat's cheese



Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 6 onion halved (keep root intact)
- ☐ 4 garlic clove finely sliced
- ☐ 2 tbsp olive oil
- ☐ 800 g canned tomatoes chopped canned
- ☐ 1 tsp sugar
- ☐ 85 g breadcrumbs white
- ☐ 125 g goat cheese crumbled

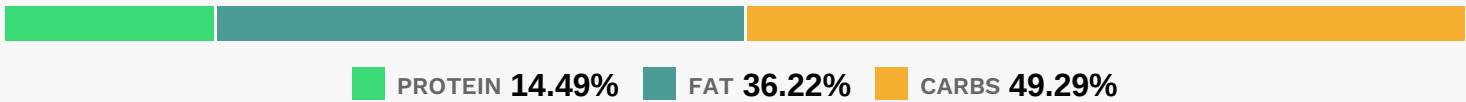
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Place onions in a steamer and cook for 20 mins, or until tender.
- ☐ Meanwhile, put the garlic and olive oil in a shallow flameproof casserole dish or large frying pan. Gently cook over a medium heat for 1 min, taking care not to let it colour. Tip in the chopped tomatoes, sugar and half a can of water. Simmer for about 10 mins until thickened, then season. Nestle the onion halves, cut-side down, in the sauce and simmer for 5 mins more.
- ☐ Transfer to a baking dish if you need, sprinkle over the breadcrumbs and goats cheese, then bake for 20 mins, until bubbling and golden.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:8.51, Inflammation Score:-9, Nutrition Score:20.73652174421%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 33.55mg, Quercetin: 33.55mg, Quercetin: 33.55mg, Quercetin: 33.55mg

Nutrients (% of daily need)

Calories: 366.83kcal (18.34%), Fat: 15.46g (23.78%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 39.7g (14.44%), Sugar: 18.47g (20.52%), Cholesterol: 14.38mg (4.79%), Sodium: 541.81mg (23.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Manganese: 0.86mg (42.78%), Vitamin C: 31.55mg (38.24%), Copper: 0.72mg (36.12%), Vitamin B6: 0.64mg (31.95%), Vitamin B1: 0.46mg (30.62%), Fiber: 7.62g (30.5%), Iron: 4.66mg (25.87%), Potassium: 888.8mg (25.39%), Vitamin E: 3.62mg

(24.11%), Phosphorus: 231.5mg (23.15%), Vitamin B3: 4.2mg (21%), Folate: 83.93µg (20.98%), Vitamin B2: 0.36mg (20.97%), Calcium: 194.1mg (19.41%), Magnesium: 71.39mg (17.85%), Vitamin K: 17.49µg (16.66%), Vitamin A: 756.38IU (15.13%), Selenium: 8.69µg (12.41%), Vitamin B5: 1.11mg (11.07%), Zinc: 1.45mg (9.67%), Vitamin B12: 0.13µg (2.23%)