

Tomato Tatins

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

Ingredients

- 4.5 inch bread country-style
- 1 garlic clove
- 0.3 cup olive oil for brushing pans
- 8 teaspoons basil pesto prepared
- 1.5 pounds tomatoes yellow

Equipment

- baking sheet
- oven

- ramekin
- baking pan

Directions

- Preheat oven to 450°F. and lightly brush 2 shallow baking pans with oil.
- Cut tomatoes into 1/2-inch-thick slices and arrange in one layer in baking pans. Roast tomatoes in upper and lower thirds of oven until just tender but not falling apart, about 15 minutes, and cool slightly in pans on racks. Leave oven on.
- Halve garlic.
- Cut bread into 1/2-inch-thick slices and with a 4-inch round cutter cut out 4 rounds.
- Brush rounds on both sides with remaining 1/3 cup oil and arrange in one layer on a baking sheet. Toast rounds in middle of oven until golden brown, about 5 minutes, and immediately rub on both sides with cut sides of garlic. Season toasted rounds with salt and pepper.
- Layer 1 slice each of yellow and red tomato in bottom of each of four 4-inch (about 1-cup) ramekins and spread 1 teaspoon pesto evenly over each. Repeat layering once and top each Tatin with a toast round.
- Bake Tatins in middle of oven just until hot, about 5 minutes. Invert a plate over each ramekin and invert ramekins onto plates.
- Serve Tatins immediately.

Nutrition Facts

 **PROTEIN 4.16%**  **FAT 83.4%**  **CARBS 12.44%**

Properties

Glycemic Index:22.17, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:7.006956566935%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 232.28kcal (11.61%), Fat: 22.28g (34.27%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 5.99g (2.18%), Sugar: 0.49g (0.55%), Cholesterol: 0.8mg (0.27%), Sodium: 146.63mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin C: 15.55mg (18.85%), Vitamin E: 2.6mg (17.32%), Folate: 53.48µg (13.37%), Potassium: 446.07mg (12.74%), Manganese: 0.25mg (12.54%), Vitamin B3: 2.17mg (10.85%), Vitamin K: 10.99µg (10.47%), Copper: 0.18mg (8.91%), Phosphorus: 66.07mg (6.61%), Iron: 1.11mg (6.15%), Fiber: 1.48g (5.92%), Vitamin B1: 0.08mg (5.53%), Magnesium: 21.77mg (5.44%), Vitamin B6: 0.11mg (5.39%), Vitamin B2: 0.09mg (5.17%), Vitamin A: 201.72IU (4.03%), Calcium: 39.92mg (3.99%), Zinc: 0.51mg (3.43%), Selenium: 1.61µg (2.3%), Vitamin B5: 0.22mg (2.15%)