



Tomatoes Roasted with Rosemary and Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



48 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



1 tablespoon olive oil extravirgin



0.3 cup parsley fresh chopped



1 tablespoon rosemary leaves fresh chopped



3 garlic clove minced



2 teaspoons lemon zest grated



4 pounds plum tomatoes quartered



0.5 teaspoon salt

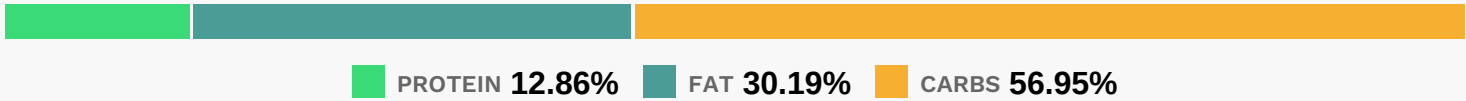
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 40
- ☐ Place all ingredients in a large bowl, and toss well to combine.
- ☐ Place tomato mixture in a 13 x 9-inch baking dish.
- ☐ Bake at 400 for 30 minutes, stirring every 10 minutes.
- ☐ Remove mixture from oven.
- ☐ Preheat broiler.
- ☐ Broil tomatoes for 10 minutes or until they begin to brown.
- ☐ Remove from oven; stir gently to combine.
- ☐ Place chilled tomatoes in heavy-duty zip-top plastic bags; freeze for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:8.7039129507283%

Flavonoids

Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 47.62kcal (2.38%), Fat: 1.8g (2.76%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 5.28g (1.92%), Sugar: 4.81g (5.35%), Cholesterol: 0mg (0%), Sodium: 126.46mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin K: 39.96µg (38.05%), Vitamin C: 27.69mg (33.57%), Vitamin A: 1644.41IU (32.89%), Potassium: 445.27mg (12.72%), Manganese: 0.24mg (11.96%), Fiber: 2.34g (9.37%), Vitamin E: 1.2mg (7.97%), Vitamin B6: 0.16mg (7.97%), Folate: 29.81µg (7.45%), Copper: 0.11mg (5.72%), Vitamin B3: 1.11mg (5.54%), Magnesium: 21.35mg (5.34%), Vitamin B1: 0.07mg (4.71%), Phosphorus: 46.13mg (4.61%), Iron: 0.63mg (3.52%), Calcium: 23.54mg (2.35%), Zinc: 0.34mg (2.26%), Vitamin B2: 0.04mg (2.22%), Vitamin B5: 0.18mg (1.77%)