



Two-Tomato Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter melted
- ☐ 3 ounces bread french
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 garlic clove
- ☐ 1 pint grape tomatoes
- ☐ 1 teaspoon olive oil
- ☐ 1 pint pear tomatoes yellow

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped

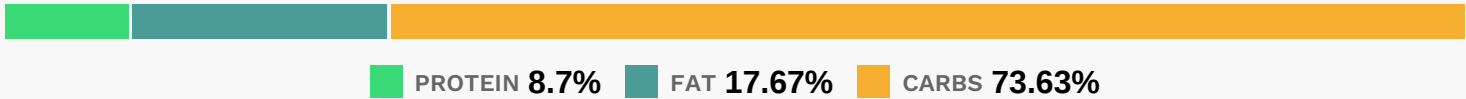
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ With food processor on, drop garlic through food chute; process until finely chopped.
- ☐ Add bread; pulse until coarse crumbs measure 1 3/4 cups.
- ☐ Drizzle breadcrumbs with butter; pulse to combine.
- ☐ Heat oil in a medium ovenproof skillet over medium-high heat.
- ☐ Add shallots; saut 3 minutes or until tender.
- ☐ Add tomatoes, salt, and pepper; saut 1 1/2 minutes or just until heated. Stir in parsley.
- ☐ Sprinkle evenly with breadcrumb mixture. Lightly coat with cooking spray.
- ☐ Bake at 425 for 7 minutes or until golden brown.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:10.6, Inflammation Score:-7, Nutrition Score:8.9834781647052%

Flavonoids

Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-

gallate: 0.02mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 126.68kcal (6.33%), Fat: 2.66g (4.1%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 20.75g (7.54%), Sugar: 11.48g (12.75%), Cholesterol: 3.58mg (1.19%), Sodium: 297.38mg (12.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin K: 43.37µg (41.3%), Vitamin C: 18.06mg (21.89%), Vitamin A: 887.8IU (17.76%), Fiber: 4.22g (16.88%), Manganese: 0.26mg (13.16%), Folate: 42.37µg (10.59%), Potassium: 353.51mg (10.1%), Vitamin B1: 0.15mg (10%), Vitamin B6: 0.15mg (7.74%), Copper: 0.15mg (7.5%), Iron: 1.21mg (6.74%), Vitamin B3: 1.34mg (6.68%), Selenium: 4.38µg (6.26%), Vitamin B2: 0.1mg (5.99%), Magnesium: 22.8mg (5.7%), Phosphorus: 53.62mg (5.36%), Vitamin E: 0.71mg (4.71%), Calcium: 31.78mg (3.18%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.21mg (2.08%)