

## Warm Garlicky Grape Tomatoes

READY IN



30 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

### Ingredients

- 0.3 cup feta cheese crumbled
- 1.5 teaspoons basil fresh minced
- 3 garlic clove minced
- 2 cups grape tomatoes
- 1 teaspoon olive oil divided
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 teaspoon suya seasoning mix salt-free
- 0.3 cup bread crumbs whole wheat soft

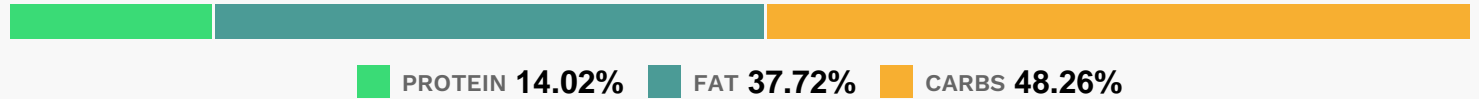
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a small bowl, combine the tomatoes, garlic, basil, seasoning blend, salt and pepper.
- Add 1/2 teaspoon oil; toss to coat.
- Transfer to a 3-cup baking dish coated with cooking spray.
- Bake at 425° for 15 minutes.
- Combine bread crumbs and remaining oil; sprinkle over the top.
- Sprinkle with cheese.
- Bake 5–10 minutes longer or until cheese is softened and tomatoes are tender.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:5.2669565263002%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 72.83kcal (3.64%), Fat: 3.43g (5.28%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 7.98g (2.9%), Sugar: 2.23g (2.48%), Cholesterol: 8.34mg (2.78%), Sodium: 292.51mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin C: 12.28mg (14.88%), Vitamin A: 673.15IU (13.46%), Vitamin K: 10.78µg (10.27%), Manganese: 0.16mg (8.23%), Fiber: 1.89g (7.58%), Calcium: 68.02mg (6.8%), Vitamin B6: 0.13mg (6.7%), Vitamin B2: 0.1mg (5.83%), Potassium: 200.14mg (5.72%), Iron: 1.01mg (5.63%), Phosphorus: 53.95mg (5.39%), Vitamin E: 0.68mg (4.52%), Folate: 15.74µg (3.93%), Vitamin B1: 0.05mg (3.18%),

Magnesium: 12.34mg (3.08%), Zinc: 0.44mg (2.94%), Copper: 0.06mg (2.93%), Vitamin B3: 0.58mg (2.9%), Vitamin B12: 0.16µg (2.64%), Selenium: 1.76µg (2.51%), Vitamin B5: 0.18mg (1.77%)