

Cherry Tomatoes



About Cherry Tomatoes

- Cherry tomatoes are about the size of a cherry, which is how it got its name. They are known for how very easy they grow.
- Cherry tomatoes are high in vitamin C which helps with anti-aging, wound healing and preventing infections.
- Filled with great flavor, cherry tomatoes are low in sodium and very low in saturated fat and cholesterol.

Selecting and Storing

- Cherry tomatoes stored in the produce drawer in the fridge will allow them to last for about two weeks, rather than only one week on the counter.

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Roasted Cherry Tomatoes

Makes: 7 servings (1/2 cup)

Ingredients

2 pounds cherry tomatoes
3 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper

Instructions

1. Preheat oven to 400°F.
2. Place the tomatoes on a sheet pan, drizzle over the olive oil and season with salt and pepper.
3. Roast until tomatoes collapse, about 10 minutes.

Source: foodnetwork.com/recipes/tyler-florence/roasted-cherry-tomatoes-recipe2.html

Nutrition Facts

servings per container
Serving size (119g)

Amount per serving
Calories **70**

| | % Daily Value* |
|------------------------------|----------------|
| Total Fat 5g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 45mg | 2% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 1g | 4% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 11mg | 0% |
| Iron 0mg | 0% |
| Potassium 269mg | 6% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Analyzed using EHSA Food Processor, version 11.4

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