

Roasted Tomato-Bacon Jam

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CpommunityTable.com

Yield: 1 1/2 cups

1 1/4 pounds Roma tomatoes,
quartered
1 onion, chopped
4 garlic cloves, chopped
3 tablespoons olive oil
1 teaspoon salt
2 tablespoons apple cider
1 tablespoon brown sugar
1/4 teaspoon cumin
4 slices cooked bacon, crumbled

Preheat the oven to 375 degrees.

Coat a large, rimmed foil-lined baking sheet with cooking spray.

In a bowl, toss the tomatoes, onion, garlic, olive oil and salt. Spread on the baking sheet.

Roast for one hour and 15 minutes.

Increase the oven temperature to 400 degrees. Roast an additional 15 minutes until all of the vegetables are soft and browned.

Transfer the vegetables to a large bowl. Use a potato masher to crush into a jam-like consistency.

In a small bowl, whisk together the vinegar, sugar and cumin. Allow to sit until the sugar dissolves, 2 to 3 minutes. Pour the mixture over the tomatoes. Stir well.

Fold in the bacon.

Refrigerate the jam for at least two hours before serving.

Stack on a hamburger with bacon, Cheddar cheese, a fried egg, pickles and lettuce.

Per Serving (excluding unknown items): 723 Calories; 55g Fat (65.8% calories from fat); 14g Protein; 50g Carbohydrate; 8g Dietary Fiber; 22mg Cholesterol; 2593mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 7 Vegetable; 0 Fruit; 10 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	723
% Calories from Fat:	65.8%
% Calories from Carbohydrates:	26.7%
% Calories from Protein:	7.5%
Total Fat (g):	55g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	36g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	22mg
Carbohydrate (g):	50g
Dietary Fiber (g):	8g
Protein (g):	14g
Sodium (mg):	2593mg
Potassium (mg):	1568mg
Calcium (mg):	101mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	118mg
Vitamin A (i.u.):	3224IU
Vitamin A (r.e.):	321RE

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	100mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	7
Fruit:	0
Non-Fat Milk:	0
Fat:	10
Other Carbohydrates:	1/2

Nutrition Facts

Amount Per Serving

Calories 723 Calories from Fat: 475

% Daily Values*

Total Fat	55g	85%
Saturated Fat	10g	51%
Cholesterol	22mg	7%
Sodium	2593mg	108%
Total Carbohydrates	50g	17%
Dietary Fiber	8g	32%
Protein	14g	
Vitamin A		64%
Vitamin C		197%
Calcium		10%
Iron		22%

* Percent Daily Values are based on a 2000 calorie diet.